



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

**MIAMI, FLORIDA to MIAMI, FLORIDA
SS EXPLORER November 15, 2021**

Welcome Ashore!

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port.

Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

Reserve Your Excursions Online!

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website www.rssc.com offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit www.rssc.com today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

COSTA MAYA, MEXICO

CMA-012 DISCOVER SCUBA & MAHAHUAL BEACH EXPERIENCE

Duration: 3.50 Hrs **Tour Price:** CA\$156.00 **Retail Price:** CA\$352.00

Date: November 17, 2021 08:30 AM

Experience the wonders of scuba diving even if you don't have previous experience or are non-certified. To prepare for the dive, you will be outfitted with scuba gear and given an introductory scuba-diving lesson. A dive boat will then bring you to shallow waters so you can practice your newly acquired skills. Once you are comfortable in the water, you will head to a section of the Mesoamerican Reef that is teeming with marine life. While diving, you can expect to see colorful fish such as blue tangs, Creole wrasses and parrotfish. You may even see lobsters hiding in the crevices of the reef and sea turtles swimming by. At the conclusion of the dive, you can either return to the pier or be dropped off at one of the beaches at Mahahual. If you choose the latter, you will be responsible for your own transportation back to the ship, but taxis are plentiful.

- Experience scuba diving, even if you are a beginner or a non-certified diver.
- Become completely comfortable in the water before you start diving.
- Scuba dive along the Mesoamerican Reef, which is teeming with marine life.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Participants must sign a liability waiver. Guests must also complete a medical questionnaire, and tour companies may decline participation on medical grounds. Children must be at least ten years of age and accompanied by a parent to participate. This tour may not be exclusive to guests of your cruise ship.

CMA-013 TWO-TANK CERTIFIED SCUBA DIVE

Duration: 4.00 Hrs **Tour Price:** CA\$156.00 **Retail Price:** CA\$352.00

Date: November 17, 2021 08:30 AM

Scuba dive in two different areas of the Mesoamerican Reef, the largest barrier reef in the Western Hemisphere. Although half the size of the more well-known Great Barrier Reef, this reef supports corals not found elsewhere and it is typically closer to the shore than its Australian counterpart. The two dive sites will be chosen the day of the excursion depending on the water clarity and conditions, but you can expect to see a riot of brightly colored marine life. Schools of tropical fish, elegant sea fans, oddly shaped sponges and every other imaginable form of sea life can be found on the Mesoamerican Reef. The deeper you dive, the more the marine life will change. After completing both dives, you can either return to the pier or be dropped off at one of the beaches at Mahahual and return on your own when you are ready.

- Enjoy a two-tank dive on the largest barrier reef in the Western Hemisphere.
- See a parade of extravagantly colored fish and coral endemic to the area.
- Observe different marine life at various depths, all of it enthralling.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. Participants must present their dive certification cards and show proof that they have dived within the last two years. Divers must also complete a liability waiver and fulfill the medical requirements. Children must be at least 12 years old and accompanied by a parent or guardian to participate. The tour may not be exclusive to guests of your cruise line.

CMA-022 KOHUNLICH AND DZIBANCHE RUINS COMBO

Duration: 8.00 Hrs **Tour Price:** CA\$117.00 **Retail Price:** CA\$313.00



Date: November 17, 2021 08:30 AM

Explore two excavated Maya ruins in the dense jungle near the border of Belize, both of them archaeologically significant for their ingeniously designed temples. Dzibanche was discovered in the 1920s and named for the Mayan word for "writing on wood" because of the inscribed wooden lintels over some doors. While browsing the ruins, you may see plazas, stairways adorned with hieroglyphics and the magnificent Temple of the Owls, which features an internal burial chamber with owl-shaped pottery. The city is believed to have been the seat of the Kan or "snake" dynasty that ruled this area beginning in the 6th century. You will also explore the nearby Mayan city of Kohunlich, which was built around the same time. Its most dominant feature is the Temple of the Masks, a structure that honors the sun god with huge stone masks on the stairways. According to archaeologists, the buildings in Kohunlich would have been stuccoed, painted red and decorated with geometric designs.

- Explore the ruins of two Mayan cities with extraordinary temples.
- Climb the soaring Temple of the Cormorants for a sweeping view of Dzibanche.
- Marvel at the stone masks on the Temple of Masks in Kohunlich.
- Walk through the surrounding jungle, where you may spot toucans and monkeys.
- Dine on regional favorites at the Lagoon Club.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

2

CMA-038 Dolphin Swim Adventure

Duration: 1.50 Hrs **Tour Price: CA\$117.00** **Retail Price: CA\$313.00**

Date: November 17, 2021 08:30 AM, 09:30 AM, 10:30 AM, 11:30 AM

Swim with bottlenose dolphins in a water park environment that encourages these highly intelligent mammals to interact with you. After a brief orientation on what to expect during the experience, you will ease into the water. It is a comfortable setting for the dolphins, who are used to interacting with humans. Be prepared for a friendly encounter, as the dolphins will typically swim right up to you, allow you to hug them and even offer a kiss. If a dolphin presents one of its fins, just take hold of it and enjoy the ride as the dolphin pulls you through the water. Chances are, you will be surprised by the dolphin's speed, grace and agility as it zips through the water. You might also see the dolphins leaping acrobatically into the air and hear them communicating through whistles and clicks.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Hold onto a dolphin if it presents a fin and zip through the water.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 6 years old and 42 inches tall. The tour is not available to pregnant women or guests with neck or back injuries. Guests must be able to fit in a provided life jacket (maximum size is XXL). Cameras aren't allowed in the water, but can be stored in lockers.

CMA-039 Dolphin Encounter

Duration: 1.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$143.00**

Date: November 17, 2021 08:30 AM, 09:30 AM, 10:30 AM, 11:30 AM

Interact with friendly bottlenose dolphins while standing on a submerged platform that provides a comfortable setting in the water, even for non-swimmers. After a brief orientation on what to expect during the experience, you will ease into the water and wait for the dolphins to approach. You can expect a truly memorable experience as you touch and hug the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. They also communicate by whistling and making clicking noises, the exact meaning of which scientists still don't fully understand. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful. They may even offer you a kiss, which makes for a great photo opportunity.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Stand on a stable submerged platform on which even non-swimmers will feel comfortable.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 2 years of age. Women less than five months pregnant may participate if they sign a liability waiver.

CMA-005 KOHUNLICH MAYAN RUINS

Duration: 7.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$195.00**



Date: November 17, 2021 09:00 AM

Take an extensive look into the excavated ruins of Kohunlich, a Mayan city best known for its Temple of the Masks. You will find the city deep in the jungle in an area where majestic cagoon palms grow. Kohunlich is the Mayan word for the tree. While the park-like setting is beautiful, the ruins are even more impressive. They include a sunken palace, acropolis and a ball court, where the ancient Mayas played games. The highlight is the pyramid-shaped Temple of Masks, whose stairway features 10-foot-high sculpted masks of the sun god. Built before 500 AD, these marvelous masks still retain some of their original colored stucco. Kohunlich's broad range of distinctive architecture, natural beauty and secluded location in the jungle set it apart from more commonly visited sites.

- Spend hours wandering through the Mayan ruins at Kohunlich.
- Marvel at the stone masks on the Temple of Masks, the most extraordinary ruin.
- Behold the court where the Mayas played a brutal sport known simply as the ball game.
- Walk through the surrounding jungle, where you may spot toucans and monkeys.
- Dine on regional favorites at the Lagoon Club.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

3

CMA-003 BEACH SNORKEL

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: November 17, 2021 10:30 AM

Snorkel in shallow waters with a certified dive guide that will lead you along a coral reef at an agreeable pace. The experience is ideal for beginners and intermediate snorkelers, as you will snorkel from the beach and progress only as far as you feel comfortable. Following a briefing on snorkeling basics and how to use the gear, you will enter the shallow water and begin your snorkeling adventure. As you will discover, it isn't necessary to snorkel in deep water to see an array of vibrant tropical marine life. You might observe brightly colorful parrotfish, brilliant angelfish and striped sergeant majors. You may even glimpse an eagle ray gracefully swimming by and burying itself in the sandy bottom. Once you become comfortable snorkeling, feel free to venture out into deeper water with the dive guide.

- Snorkel in shallow crystal-clear waters near the shore.
- Take comfort in knowing that a certified dive guide is nearby.
- Stay in the shallows or snorkel into deeper water, if you choose.
- Observe a variety of marine life regardless of where you snorkel.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity. Participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or guests with recent back or neck injuries, heart or respiratory conditions, epilepsy or diabetes. Snorkel gear is provided. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form. Participants must be at least 12 years old and weigh less than 240 pounds. Children under 18 must be accompanied by an adult parent or guardian. Restrooms facilities and showers are available at the beach.

CMA-007 CHACCHOBEN MAYAN RUINS

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: November 17, 2021 10:30 AM

Explore the ruins of Chacchoben, an ancient Mayan pilgrimage location known as "The Place of Red Corn." On the 50-minute drive there, the guide will describe some of the history and culture of the Mayas that is pertinent to Chacchoben. Because of the dense jungle, the overgrown site wasn't discovered until the 1940s and more than 50 years passed before excavation was begun. Dense foliage still surrounds Chacchoben, lending it an ancient feel that the ruins greatly enhance. While meandering about, you will likely see the original red paint on the stucco walls in one of the pyramids and the temple with a mural showing the astronomical positions of Venus. You will also have time to climb the Gran Basamento, a structure that rises above the tree level, where archaeologists found ceremonial offerings. Before re-boarding your coach for the return transfer to the pier, you will have a brief break to enjoy a complimentary beverage and perhaps purchase a souvenir.

- Explore the ruins of Chacchoben, a Mayan city that dates to about 1,000 BC.
- Hear how a local farmer stumbled upon the undiscovered site in the 1940s.
- See ruins so intact that the original paint is still visible on the stucco walls.
- Climb atop a towering ruin and enjoy sweeping views from above the tree tops.
- Look for tropical birds and howler monkeys in the surrounding jungle.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. The minimum age to participate is 3 years old. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.

CMA-015 CLEAR KAYAK AND BEACH ESCAPE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: November 17, 2021 12:30 PM

Kayak through the crystal-clear waters off the fishing village of Mahahual and then relax at a private beach club that sits on a spectacular stretch of sugar-white sand. After boarding a two-person kayak, you will head out into the crystal-clear water for a unique perspective of the coastline and the wonders below through the kayak's clear bottom. Feel free to paddle along at your own pace, taking in the sights that interest you the most. Looking back from the typically calm sea, you will gaze out over an idyllic tropical landscape, huge stretches of pristine sand and coconut palms swaying in the breeze. Following your kayaking adventure, you will have the opportunity to enjoy the white sands of the beach club and relax however you please. You might take a refreshing swim in the Caribbean, meander along the beach, bask in the sun and snack on fresh fruit while admiring the tropical scenery.

- Kayak through the Caribbean Sea and share the experience with another guest.
- Observe the marine life in the crystal-clear water through the kayak's glass bottom.
- Relax at a private beach club, spending the time however you please.
- Stretch out in the sun on a lounge chair and enjoy the club's laid-back atmosphere.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

The total weight per kayak may not exceed 425 lbs. Children must be at least six years old and accompanied by a parent.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



Go Local Tour



Accessible Tour

Page

4

CMA-014 ATV EXPLORER AND BEACH

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$208.00

Date: November 17, 2021 01:00 PM

Experience Mexico's rugged and picturesque coast while driving an ATV off road and then enjoy a relaxing beach break back in Costa Maya. It won't take long before you are driving through the surrounding jungle and zipping along the dirt trails that crisscross the dense foliage. You can expect to leave a dusty wake of flying mud if it has been raining lately. That is half the fun of driving an ATV, which is even more exhilarating in a tropical environment where you never know what lies around the next corner. After your off-road driving adventure, you will head La Bamba Beach, which lies between the Caribbean Sea and the boardwalk in Mahahual. Feel free to take a refreshing swim, bask in the sun and relax in the shade of a coconut palm with a cool, bottomless drink in hand. You might also stroll the boardwalk and explore the town if you like.

- Take the wheel of an ATV and zip through the jungle along dirt trails.
- Relax however you see fit at a private beach club in Mahahual.
- Join the party around the swimming pool and swim in the Caribbean Sea.
- Kayak in the Caribbean if the mood strikes.
- People-watch along the boardwalk that borders the beach club.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes with closed toes.

Participants must be at least 18 years old, bring a valid driver's license, weigh no more than 290 pounds and wear a helmet while driving. This tour is not recommended for guests who utilize a wheelchair, those with limited mobility or guests with back or neck problems. Only one guest is permitted per off-road vehicle. Your clothing may become muddy or soiled. Food is available for purchase at the La Bamba Beach Club.

CMA-020 SEGWAY ADVENTURE & BEACH BREAK

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: November 17, 2021 01:30 PM

Ride through downtown Costa Maya on a Segway, a simple-to-operate personal transporter that allows you easy access to the central shopping district and later to a relaxing beach club. Before taking off, you will learn one-on-one how to operate a Segway in a practice area. To move it forward or backward, just lean forward or backward. A similar move steers the Segway left or right. With just two wheels, the Segway stays balanced, so all you have to do is to hop on, stand upright and lean one way or the other. Once you feel comfortable operating the Segway, you will set off caravan-style along the beautiful coastline to the main shopping area of Costa Maya. There you will have time to browse the boutiques before heading on to a beach club, where may swim or do nothing more energetic than sip a cool drink while watching the waves break on the shore.

- Practice operating a Segway before taking off into Costa Maya.
- Appreciate how easy it is to operate the Segway, even with no prior experience.
- Follow the guide through Costa Maya in a caravan of Segways.
- Browse the boutiques in the central shopping plaza.
- Relax at a beach club where you will be free to do as you please.
- Dress in weather-appropriate clothing.
- Wear a swim suit under your clothes and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during the stops; however, guests must be able to stand on the Segway for approximately 2-hours. There are natural, uneven and sandy surfaces to negotiate. This tour is not available to wheelchair guests; pregnant women; those with back or knee injuries; heart conditions; asthma; epilepsy or mobility issues. Light weight clothing; swimwear; a change of clothes; towel; sun cap; sunglasses; sunscreen; and flat, comfortable walking shoes are recommended. Helmets will be provided and are mandatory. There is a minimum weight requirement of 100 lbs and the maximum allowable weight is 250 lbs. The minimum age to participate in the tour is 12 years of age and the maximum age limit is 65. All children under the age of 18 must be accompanied by an adult parent or guardian. Those taking part in any water activities do so at their own risk and responsibility. The operator does require that participants sign a waiver before being allowed to take part in the tour. It is suggested guests bring cash if they wish to purchase souvenirs. Transfer to the Segway location is via 4-seater taxis which may or may not have a/c.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

5

HARVEST CAYE, BELIZE

HAR-008 LUXURY BEACH VILLAS

Duration: 0.00 Hrs **Tour Price:** CA\$417.00 **Retail Price:** CA\$614.00


Date: November 18, 2021 08:00 AM

Reserve a luxury villa for the day on a secluded section of the beach at Harvest Caye and spend your time doing whatever you please. The villa is a self-contained retreat that will serve as your home base while you are on the island. You might take a refreshing swim in the ocean, stroll along the coast looking for shells, stretch out on the beach and bask in the sun or relax in the shade of a coconut palm. The villas are handsomely furnished with padded recliners on the front porch and a hammock that faces the sea. They are just as comfortable inside. Each villa features air conditioning, a private restroom and shower, Bluetooth audio, a mini-refrigerator and digital safe. Your own private butler and concierge will be standing by if you need anything during your stay.

- Spend a day doing whatever you please in a private beach villa on Harvest Caye.
- Enjoy the serenity and relative seclusion of the villa, away from the crowds.
- Bask in the sun, relax in the shade and stretch out in a recliner, if you wish.
- Enjoy the amenities inside the villa, including a private bathroom.
- Take comfort in knowing your own private butler and concierge will be standing by.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The price listed is per villa, not per person, therefore only one person needs to reserve the villa. Villa rental is for up to 6 guests. You may also request onboard to add up to four more guests at \$49 per person. Food and drinks are available for an additional charge. See excursion HAR-009 to rent the one wheelchair-accessible luxury beach villa.

HAR-010 PRIVATE CANOPY POOL CABANA

Duration: 0.00 Hrs **Tour Price:** CA\$156.00 **Retail Price:** CA\$352.00 

Date: November 18, 2021 08:00 AM

Retreat to the privacy of your own canopy cabana right next to the lagoon-style swimming pool on Harvest Caye, an experience sure to enhance your stay on the island. Each cabana can accommodate up to four people, so it is ideal for families and small groups that want to spend quality time together. Feel free to stretch out on a lounge chair in front of the cabana and bask in the sun or relax on the cushioned seating inside the cabana. If you want privacy, simply draw the curtains. The cabanas are ideally located adjacent to the swimming pool, which features a swim-up bar and a gently cascading waterfall. The cabanas also offer easy access to rest of the pool complex, which includes a variety of shops and the Landshark Bay & Grill.

- Enhance your experience on Harvest Caye by renting a poolside cabana.
- Relax in the lounge chairs in front of the cabana or in the covered seating inside.
- Draw the cabana curtains for privacy.
- Enjoy the proximity of the swimming pool, shopping and restaurant.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Price listed is per cabana, not per person, therefore, only one person needs to reserve the cabana.

HAR-001 MAYAN RUINS & SPICE FARM

Duration: 6.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 18, 2021 08:30 AM, 10:00 AM

Discover how the Mayas lived by visiting an archeological site on the mainland and how plants are cultivated using modern techniques at the Belize Spice Farm and Botanical Gardens. The ruins are known as Nim Li Punit, which means "large hat" in the Mayan language. The name refers to the depiction of a ruler wearing a large headdress on a Maya stela. Stone stelae with drawings and writing can be found throughout the site, providing a glimpse into the Mayan civilization. The excavated complex of buildings also includes a ball court, plazas and an observatory, all of which are shaded by a canopy of large trees. Plants flourish in the tropical environment as you will discover by riding a tram through the Belize Spice Farm and Botanical Gardens. You will see the fascinating process of how the spices are dried and packaged for export, and then have the opportunity to purchase some of them.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the site.
- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. Credit cards and cash can be used to purchase handicrafts and spice products. No lunch is provided. A hearty breakfast is recommended. Snacks are available for purchase.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

6

HAR-002 MAYAN RUINS OF NIM LI PUNIT

Duration: 5.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00



Date: November 18, 2021 08:30 AM, 10:00 AM

Wander through the well-preserved ruins of an archeological site full of royal tombs and stone monuments that commemorate important events to this Mayan community. The complex of buildings within this ceremonial center is rather compact and well-shaded, so exploring should be quite comfortable and easy. As you meander about, you can expect to see a ball court with celestial representations, numerous plazas, tombs of the royal families and monuments with carvings that offer a glimpse into the ancient Mayan civilization. Dozens of these monuments, known as stelae, can be found in Nim Li Punit. The name of the site, which means "large hat" in the Mayan language, refers to the large headdress that one of the rulers is shown wearing on one of the stela. Oil prospectors discovered Nim Li Punit in the 1970s and excavations started shortly afterwards.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the ceremonial site.
- Climb the temples' stairs for panoramic views of the jungle.
- Behold an astronomical observatory where the Mayas tracked the sun's movement.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. A hearty breakfast is recommended. Snacks are available for purchase.

HAR-003 PLACENCIA LAGOON WILDLIFE & MANGROVE

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$78.00



Date: November 18, 2021 08:30 AM, 10:30 AM

Explore the surrounding mangrove estuaries with a naturalist that will point out the wildlife and elaborate on the unusual characteristics of the flora and fauna. As you cruise through the protected lagoon, chances are you will spot West Indian manatees gliding through the shallow waters at a languid pace while grazing on vegetation, one of the reasons they are called sea cows. Manatees typically surface to breathe every few minutes, and you will notice their nostrils above the water before you see the rest of their bodies. As the boat noses into the estuaries, the naturalist will explain how the mangroves provide shelter for a variety of wildlife, particularly birds and fish. You might see great egrets, herons and anhingas, a species of bird that hunts by spearing fish with its sharp slender beak. Roseate spoonbills are also commonly seen sweeping their bills from side to side while foraging for food.

- Cruise into a protected lagoon inhabited by West Indian manatees.
- Listen to a local naturalist explain animal behavior and features of the flora.
- Learn how the coastal mangroves provide breeding grounds for fish and birds.
- Look for easy-to-identify water birds such as great herons.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour requires only limited walking; however, guests must be able to enter and exit the motor launch unassisted. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns. Wildlife sightings are likely but not guaranteed.

HAR-006 MONKEY RIVER

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$78.00



Date: November 18, 2021 08:30 AM, 12:30 PM

Cruise the winding Monkey River, looking for wildlife in the surrounding rainforest and then enjoy a hike with a naturalist that will explain the plants' medicinal uses. Along the way, the guide will provide commentary about the region's history, including how the exportation of bananas fueled the economy in the late 19th century. Little evidence of that thriving time period remains, as the meandering Monkey River is bordered by undeveloped rainforest. You can expect to see a variety of wildlife, including crocodiles, turtles, iguanas and perhaps even a troop of screeching black howler monkeys. Also, keep an eye out for keel-billed toucans, the national bird of Belize. Once you disembark, you will hike through the forest while the naturalist guide points out plants with medicinal qualities. For instance, you might learn how the leaves of the soursop are often brewed into a tea that reduces fever and how wild yam is used for its anti-inflammatory properties.

- Cruise the snaking Monkey River while the guide provides enlightening narration.
- Look for wildlife that includes crocodiles, howler monkeys, toucans and water birds.
- Follow a naturalist through the forest and discover which plants have medicinal uses.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Closed-toes shoes, long pants and long sleeves are recommended during the rainy season (June - November)

HAR-032 GLASS BOTTOM REEF EXPLORER

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00



Date: November 18, 2021 08:30 AM, 02:30 PM

Behold the teeming marine life that lives along the North Hemisphere's largest barrier reef from the comfort of a glass-bottom boat. UNESCO has designated the reef a World Heritage site because it illustrates the evolutionary history of reef development and provides much-needed habitat for threatened species such as sea turtles, West Indian manatees and American crocodiles. As you cruise through the crystal-clear waters around the massive reef, you can expect to see an ever-changing parade of colorful marine creatures. You may see stingrays, schools of colorful fish and elongated sea cucumbers lurking among the coral formations. This reef system was once endangered, but thanks to a moratorium on oil drilling, restrictions on development and fishing reforms, it is thriving once again. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Cruise above a massive barrier reef in a glass-bottom boat.
- Look through the glass bottom at the teeming, ever-changing marine life below.
- Watch for species as diverse as West Indian manatees, American crocodiles and stingrays.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 275 pounds. Guests with neck, back, or joint issues, respiratory or heart conditions and pregnant women past the first trimester are not allowed to participate. Guests must be mobile and able negotiate steps in and out of the boat.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

7

HAR-036 KR'KCHI CHOCOLATE & CULTURE

Duration: 6.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$182.00

Date: November 18, 2021 08:30 AM

Learn how the Ke'kchi Mayan people hand-craft chocolate before visiting a Ke'kchi village for a deeper immersion into their traditional ways. As you drive into the hinterlands, you will pass the beautiful Maya Mountains and several remote villages on the way to the Akte'il Ha Cacao Farm. Here you will watch as the organic cacao, a key ingredient in chocolate, is hand-ground and processed. You will also have the chance to taste the raw cacao during the production. Following lunch, you will proceed to a Ke'kchi residence for a glimpse into the rapidly disappearing world of the traditional Ke'kchi Mayan. You will learn about their indigenous language, the history of the village and how the Mayas use various plants for medicinal purposes. To enhance the experience, you might try your hand at playing handmade Ke'kchi musical instruments such as a harp.

- Watch Ke'kchi Mayan people make chocolate from cacao and sample the product.
- Visit a remote Ke'kchi village to learn more about their traditional lifestyle.
- Play handmade Ke'kchi musical instruments.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 300 pounds. Guests must be able to walk unassisted and negotiate the 40 or so steps, as well.

HAR-046 BARRIER REEF SNORKEL

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$156.00

Date: November 18, 2021 08:30 AM, 01:30 PM

Snorkel in the azure waters above the North Hemisphere's largest barrier reef, an ecosystem so spectacular that UNESCO has designated it a World Heritage site. Home to threatened species such as sea turtles, West Indian manatees and American crocodiles, the reef is absolutely teeming with marine life. While there is no telling what you will observe beneath the surface of the crystal-clear water, marine creatures such as stingrays, elongated sea cucumbers and schools of colorful fish are abundant. Yellow-striped goatfish, rainbow parrotfish and bluehead wrasses are just a few of the species that are commonly spotted. Although the reef was once endangered, it has made a remarkable comeback due to a moratorium on oil drilling, restrictions on development and fishing reforms. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Snorkel above a massive barrier reef that UNESCO has designated a World Heritage site.
- Behold an ever-changing parade of marine life and unusual coral formations.
- Watch for colorful blue tangs, orange-spotted filefish and rainbow parrotfish.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under clothing and bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

Participants must be at least 8 years old, weigh no more than 275 pounds, be mobile, able to climb in and out of the boat, and able to swim. Pregnant women past the first trimester and guests with respiratory or heart conditions, neck, back, or joint issues are may not participate. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them.

HAR-047 BIG SIPPER BELIZE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: November 18, 2021 08:30 AM, 12:00 PM

Settle in for a relaxing and wonderfully scenic cruise on the Big Sipper, a double-decker boat that offers up-close views of the area's natural beauty. Along the way, you will pass Placencia Village, head into the Placencia Canal and skirt the idyllic beaches that hug the shore. In the distance, you will see the Maya Mountains, a range that runs from Belize to Guatemala. Even so, some of the best sights are close by, as dolphins are often seen frolicking in the waters just off the bow and sometimes right next to the sides of the boat. West Indian manatees are also commonly spotted in these waters, especially in the slow-moving shallows. Being herbivores, they spend much of their time there foraging on aquatic plants. Feel free to move about the boat. The upper deck is open air; the lower deck and bar area are covered.

- Spend hours on a double-decker boat, enjoying a scenic cruise around Harvest Caye.
- Look for marine life such as dolphins and West Indian manatees .
- Enjoy the Caribbean music, appetizers and access to a full bar .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Minimum age to participate is 12 years of age and children under 18 must be accompanied by an adult parent or guardian. Must be 21 to consume alcoholic beverages. ID will be required.

HAR-023 FLIGHTHOUSE ZIPLINE

Duration: 1.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$91.00

Date: November 18, 2021 09:00 AM, 09:30 AM, 10:00 AM, 10:30 AM, 01:00 PM, 01:30 PM

Enjoy an exhilarating ride on a zipline high above Harvest Caye for a birds-eye view of the island, the port and the mountains beyond. The zipline starts from the top of the 136-foot-tall lighthouse known as the Flighthouse, where you will be harnessed in for the adrenaline-pumping ride of your life. You will zip along a course that is more than four football fields long and every inch of it is a thrill, as you will soar nearly six stories above the ground with the wind in your face. You can choose to sit upright or lie flat like Superman while flying down the zipline. Either way, you can reach a top speed of 40 miles per hour—fast enough to get even the bravest adventurer screaming in delight.

- Ride a zipline over Harvest Caye about six stories above the ground.
- Take in the tropical scenery but don't blink, as you'll be racing along at 40 miles per hour.
- Fly through the sky seated upright or in a Superman position.
- Dress in weather-appropriate clothing.
- Wear walking shoes with closed toes or strap-on sandals.

This tour is not recommended for pregnant women or for guests with neck or back injuries, vertigo or heart conditions. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them. Participants must be at least 8 years old and weigh no more than 275 pounds. Lockers rentals are available. Guests are not permitted to carry any item on the zipline, including cameras or phones.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

8

HAR-030 Black Swan Electric Boat Cruise

Duration: 0.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$65.00

Date: November 18, 2021 09:00 AM, 10:00 AM

Cruise the picturesque western coast of Harvest Caye on the Black Swan, a whisper-silent electric boat that will present one spectacular photo opportunity after another. After settling into the canopied open-air boat with amenities such as free WiFi, you will motor along the shoreline, passing your cruise ship shortly after leaving the marina. Simply sit back and relax as the environmentally friendly boat skirts the beautiful coast providing close-up views of attractions such as the Harvest Caye Lighthouse. While passing this soaring former lighthouse, you may see adrenaline-loving guests zip-lining from the top of the beacon and free-falling while tethered to a bungee-cord. You will also see the Maya Mountains in the distance and perhaps a manatee nearby in the water. To enhance the onboard experience, thirst-quenching fruit punch and rum punch will be served throughout the cruise.

- Cruise along the gorgeous western shore of Harvest Caye in a quiet electric boat.
- Enjoy the shade and complimentary WiFi and drinks throughout the cruise.
- See highlights such as the Maya Mountains, a former lighthouse and your cruise ship.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



HAR-033 PEDALBOARD MANATEE WATCH

Duration: 0.00 Hrs Tour Price: CA\$0.00

Date: November 18, 2021 09:00 AM, 10:30 AM, 12:00 PM, 01:30 PM

Glide across the surface of the sheltered Harvest Caye lagoon on a stand-up pedalboard that allows you to easily control the speed and direction, so you can explore at your own pace. After a briefing on how best to maximize the experience, you will ease into the calm waters of the lagoon on a one-person pedalboard that is extra wide for stability. It is easy to operate and maneuver. Just hold on to the handlebars, which are much like those on a scooter, and then gently press down on the foot pedals one at a time. The guide will lead the way, while describing the lagoon's ecosystem. Manatees are often spotted in the shallows, grazing on the seagrass growing on the bottom of the lagoon. The West Indian species found in Belize is the largest of all manatees, and the guide will elaborate on their habits and characteristics

- Maneuver around the Harvest Caye lagoon on a stand-up pedalboard.
- Look for manatees and other marine life while admiring the gorgeous tropical scenery.
- Learn about the lagoon ecosystem and the wildlife that it supports.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes.

This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. Must be at least 8 yrs of age and able to swim. Those under 18 must be accompanied by a parent or a guardian. Price is per Pedalboard, Maximum weight is 250 lbs.

HAR-037 CATCH AND RELEASE FISHING

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: November 18, 2021 09:00 AM, 01:00 PM

Go deep-sea fishing in the crystal-clear waters off Harvest Caye, which are teeming with highly prized, fun-to-catch fish such as groupers, snappers and jacks. Once the boat anchors in an area where the fish have been biting lately, a crew member will outfit you with all the necessary tackle and bait. The crew will also offer tips on how best to cast and retrieve the lure or live bait and help you release whatever you reel in. Jacks thrive among the reefs, and if you catch one be prepared for a fierce fight. If you catch a striped fish that grunts like a pig when you pull it out of the water, it will be a grunt. They make that characteristic sound by grinding the teeth deep in their throats. Many types of groupers are found in deeper waters near rocks, drop-offs and ledges. Although groupers are slow swimmers, they can be powerful, especially the massive ones.

- Fish in waters where you are likely to catch groupers, snappers and jacks.
- Enjoy the convenience of everything being provided, including the tackle and bait.
- Follow tips from the captain and crew to increase your chances of catching fish.
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour requires a moderate amount of activity.

HAR-011 KAYAK IN THE LAGOON RENTAL

Duration: 1.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$33.00

Date: November 18, 2021 09:15 AM, 10:25 AM, 11:35 AM, 12:45 PM, 01:55 PM, 03:05 PM

Paddle around the lagoon on Harvest Caye in a single or double kayak, while admiring the tropical views and keeping an eye out for wildlife. After a brief orientation on how to make the most of your kayaking outing, you will be free to explore Manatee Lagoon. The water here is typically calm, so it couldn't be easier to kayak. Go wherever you like within the lagoon and at your own pace. You might zip from one side to the other for exercise, paddle slowly around the shoreline or pause in the middle of the lagoon and take in the idyllic setting. Kayaks feature a shallow draft, allowing you to maneuver throughout the lagoon, even in just a few inches of water.

- Kayak on your own or share the experience in a double kayak.
- Paddle at your own pace, stopping wherever you please.
- Take advantage of the kayak's shallow draft and go where other vessels can't.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition and must be at least 8 years of age. Single and double kayaks are available and can be selected at the site. The price is per kayak, not per person. Participants in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

9

HAR-020 SPICE FARM & BOTANICAL GARDENS

Duration: 5.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$169.00**

Date: November 18, 2021 10:00 AM

Discover how spices are cultivated and used in the local cuisine at the Belize Spice Farm and Botanical Gardens, a lush and wonderfully fragrant setting in the foothills of the Maya Mountains. Plants flourish in the tropical environment, as you will discover by riding a tram through the naturally fertile property. The farm devotes a large amount of acreage to black pepper and vanilla, but that only touches on the variety of spices. Chances are, you will also see nutmeg, mace, cinnamon, cardamom and cloves thriving throughout the farm. An abundance of tropical trees such as teak, sandalwood and rosewood only add to the idyllic setting. Following the tram tour, you will enjoy free time to wander about the guest center and learn even more about how the farmers nurture the spices that are so essential to traditional Belizean cuisine, such as the curiously named national dish Boil Up.

- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed for export.
- Delight in fragrances such as nutmeg and vanilla as they waft through the air.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



HAR-021 Mayan Culture & Medicine Trail

Duration: 5.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$169.00**

Date: November 18, 2021 10:00 AM

Become immersed in the Mayan culture by watching a village shaman create medicines from indigenous plants that you will see growing in the wild. Once you arrive in the Mayan village, which lies in the shadow of the Cockscomb Jaguar Reserve, you will follow a canopied jungle path through an area full of medicinal plants and herbs. The Mayan guide will point out their uses and how that knowledge has been passed from generation to generation. You will then watch Mayan shaman, herbalist and healer Aurora Garcia Saqui prepare traditional medicines from a number of plants, often grinding them with a hand mill. She will explain which plants are said to cure which illnesses and how she obtained her encyclopedic understanding of their qualities. Later, you will visit a house that has been purified through the ancient art of smudging, in which sacred herbs are burned to release smoke that supposedly cleanses negative energy from the air.

- Visit an authentic Mayan village next to a jungle wildlife reserve.
- Stroll a natural trail with a Mayan guide that will point out the medicinal plants.
- Watch a renowned Mayan shaman concoct medicines from the plants and herbs.
- Visit a house that has been cleansed of negative energy through smudging.
- Sample a traditional Mayan cocoa drink.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Participants must be at least 12 years old, weigh no more than 300 pounds, be able to walk unassisted on a gravel trail, and not have heart conditions. Guests should wear long-sleeve shirts, long pants and a poncho during the rainy season from June through November. It is a 45-minute ride via an air-conditioned bus to the Mayan village. Authentic colorful handmade Mayan craft items will be available for sale (cash only).

HAR-022 Mango Creek & Independence Village Life

Duration: 3.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$91.00**

Date: November 18, 2021 10:00 AM

Get an authentic glimpse into rural life in Belize by driving through several traditional villages, including Mango Creek and Independence, which are divided by a single street. Along the way, the guide will point out the attractions and entertain you with unusual tales about the founding of the adjacent villages. Not far away, you will find Big Creek Port, the only natural deep-water port in Belize. It is a commercial hub where you may see crude oil, bananas and sugar being loaded on ships for export. You will also pass the local airstrip on the return to Mango Creek and Independence, where you may watch a wooden dory being hand-crafted from a single hardwood log. You can also expect to see other artisans creating handicrafts at a village market.

- Drive through several rural villages for a candid look at local life.
- Hear entertaining commentary about the history of the villages.
- Discover which products fuel the economy while driving through Big Creek Port.
- Watch artisans hand-craft various products, including wooden dories.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 3 years old, weigh no more than 300 pounds and be able to walk unassisted. Bring cash for the purchase of drinks, snacks & souvenirs. There is a short ferry ride from Harvest Caye to Malacate Landing where you will board your bus.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

10

❖ SANTO TOMAS DE CASTILLA, GUATEMALA

STC-002 VISIT TO Q'EQCHI INDIGENOUS RIVER COMMUNITY

Duration: 6.00 Hrs **Tour Price: CA\$143.00** **Retail Price: CA\$339.00**



Date: November 19, 2021 07:30 AM

Enjoy a delightful cruise along the Tatin River to a community of indigenous Guatemalans of Mayan origin. Although small and exceptionally rural, the community is prospering through the help of a non-profit organization known as Ak'Tenamit. The people have embraced newfound knowledge while still preserving their traditional ways. For instance, they grow vegetables using modern organic and ancient Mayan methods. They fiercely preserve the environment yet promote entrepreneurship through eco-tourism. Ak' Tenamit uses computer-based tutorial learning to empower rural students to be successful. During your visit, you will gain an understanding of how they have progressed and have the opportunity to purchase crafts made by local artisans. Continuing across the river, you will observe daily life among the Q'eqchi villagers. Afterwards, you will be served lunch at a nearby hotel, accompanied by a performance of folkloric Garifuna music and dancing.

- Cruise the Tatin River to a rural community whose residents are of Mayan origin.
- Learn how a non-profit organization is helping the community prosper.
- Gain an understanding of the programs that offer the residents a brighter future.
- Observe daily life among the Q'eqchi villagers in the community.
- Watch a folkloric performance of music and dancing while enjoying lunch.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

This tour involves a 30-minute walk in the jungle over rough surfaces with some steep steps. Guests must be agile enough to bend and climb while embarking the boat, and endure a bumpy and possible wet ride. The tour is not recommended for guests with limited mobility or guests who utilize a wheelchair.

STC-005 QUIRIGUA ARCHAEOLOGICAL NATIONAL PARK

Duration: 5.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$195.00**

Date: November 19, 2021 07:30 AM, 10:30 AM

Explore the Mayan ruins at Quirigua, an archaeological park full of excavated monuments, pyramids and stelae that reflect the civilization that thrived there in the 8th century. A picturesque drive through valleys and rainforest will bring you to the Archaeological Park and Ruins of Quirigua. The monuments, pyramids and terraces that have been excavated are so culturally important that Quirigua has been deemed a UNESCO World Heritage Site. Most of the dwellings, temples and ruins that you will see while wandering about are from the 8th century, a period when the city was remodeled as a royal residence and administrative center. The stelae are particularly outstanding. These monolithic sandstone monuments were carved with metal tools and contain hieroglyphic texts that describe important dates on the calendar and celestial events such as eclipses. The largest Maya stele ever discovered is here. Quirigua once thrived on trading jade and Quirigua's last ruler, Jade Sky, is immortalized on another stele.

- Enjoy a scenic drive through some of the most gorgeous countryside in Guatemala.
- Meander through Mayan ruins dating to the 8th century in an archaeological park.
- Behold the temples that earned Quirigua a UNESCO World Heritage site designation.
- See the largest Maya sandstone monument ever found.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

The drive between the pier and Quirigua is approximately 1½ hours in each direction. This tour involves walking about 1½ miles over bumpy and uneven ground, and is not recommended for guests with limited mobility or guests who utilize a wheelchair.

STC-010 CHOCOLATE, DRINK OF THE GODS

Duration: 5.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$156.00**

Date: November 19, 2021 07:30 AM

Tour a cacao plantation and discover how the fruit is processed for chocolate and how the Aztecs and Maya made a chocolate drink so valued it was reserved for royalty. A plantation that grows cacao or cocoa, the main ingredient in making chocolate, will be the venue for your immersion into chocolate. The tree's scientific name is *Theobroma cacao*; the first word being Latin for "food of the gods," the second derived from the Aztec word for "bitter water." While touring the cacao plantation, you will learn how the fruit is picked, processed, packaged and exported. The steps are fascinating, and you will have the chance to sample the cacao during the various stages of production. You will taste a cacao seed, a chunk of solid chocolate, a dollop of chocolate paste, and a chocolate beverage similar to the ones that the ancient Aztecs and Mayas drank. You will also learn how the taste of chocolate develops through fermentation.

- Delve into the world of chocolate at a plantation that grows cacao, the main ingredient.
- Learn how the indigenous Guatemalans have processed and eaten cacao for 2,000 years.
- Hear how the Mayas depicted cacao in their hieroglyphics and used the seeds as money.
- Discover how the Mayas valued chocolate so much that it was reserved for royalty.
- Drink a chocolate drink similar to the ones the ancient Mayas consumed.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

11

STC-001 LAS ESCOBAS SPRINGS ADVENTURE

Duration: 3.25 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00

Date: November 19, 2021 08:00 AM, 10:30 AM

Hike to a gently cascading waterfall in Las Escobas Springs Reserve, where you may swim in the crystal-clear pools below the falls. As you hike along the winding trail that follows the Las Escobas River, you can expect to hear the sounds of the jungle and see a remarkable variety of flora and fauna. More than 450 species of birds live in the surrounding rainforest, including the crested eagle, blue-winged warbler and the rare orange-breasted falcon. The diversity of plants is even more impressive, as thousands of species flourish here. You may see date palms, which are easily recognized by their heart-shaped fronds, and the white nun orchid. It has been Guatemala's national flower since 1934. The trail ends at a serene waterfall, where you will be welcome to swim or simply sit on a rock and admire the idyllic setting. Afterwards, you will observe daily life and interact with the residents in the town of Las Escobas while watching a tortilla-making demonstration.

- Hike through the rainforest, following a trail along the Las Escobas River.
- Swim in a crystal-clear pool at the base of a waterfall in the rainforest.
- Observe indigenous flora and fauna that the guide will describe in detail.
- Interact with local residents in the town of Las Escobas, following the hike.
- Dress in weather-appropriate clothing, including long pants.
- Wear a swimsuit under a cover-up and bring a towel, if you wish to swim.
- Wear flat comfortable walking shoes.

This tour involves walking about 1½ miles over uneven ground. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests must be at least 21 years of age to consume alcoholic beverages. The tour is operated in minibuses.

STC-004 COUNTRYSIDE AND RIO DULCE BY LAND

Duration: 5.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: November 19, 2021 08:00 AM

Drive into the countryside in the shadow of Rio Dulce National Park, where you will explore a 17th-century castle that the Spanish constructed to defend the area from pirates. Upon reaching the town of Fronteras, also known as Rio Dulce, you will see how Guatemala's largest lake narrows to become the river known as Rio Dulce. The river is so influential that most everything of importance in the area bears its name. You will pause for photos at the Rio Dulce Bridge, a modern structure that offers panoramic views in every direction. Continuing on by boat, you will soon reach San Felipe Castle, which the Spanish built in 1652 to defend the area from British pirates. Even so, the pirates soon captured the fortress and took the treasures inside. The castle was eventually recaptured and rebuilt to be a prison. If you are feeling ambitious, climb the tower for a spectacular view of the river. Following your tour, you will proceed to the Catamaran Hotel for refreshments before returning to the ship.

- Take in Guatemala's natural beauty in the countryside near Rio Dulce National Park.
- Pause for photos at Rio Dulce Bridge, a particularly scenic spot.
- Explore a 17th-century castle that the Spanish built to defend against pirates.
- Climb the castle tower for a spectacular view of the river and surrounding jungle.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

Guides will assist guests embarking the boats, but guests must be able to step into and out of the boat on their own, which can be challenging at low tide.

STC-011 TROLLEY TOWN TOUR

Duration: 1.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$38.00



Date: November 19, 2021 09:00 AM, 11:00 AM, 01:00 PM

Ride a trolley through Santo Tomas and neighboring Puerto Barrios, as the guide describes the history and folklore associated with these two decidedly different towns. The Belgians founded Santo Tomas in the 19th century and although the name officially changed to Matías de Gálvez in 1958, Santo Tomas is more commonly used. The port is Guatemala's busiest, while neighboring Puerto Barrios is the main port for agricultural products. You will see the highlights of both cities while driving through the downtowns. In Santo Tomas, you might pass the headquarters for the Guatemalan navy, several architecturally noteworthy churches and the Belgian cemetery. Guatemalan president Rufino Barrios founded Puerto Barrios in the 1880s. Today, it is known for its restaurants and entertainment, which you may wish to take advantage of on your own.

- Ride a trolley through the neighboring towns of Santo Tomas and Puerto Barrios.
- Hear commentary about the history of both towns and stop at key attractions.
- Pause at the cemetery where many of Santo Tomas' Belgian founders are buried.
- Notice how Puerto Barrios has been developed around restaurants and entertainment.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

A maximum of three beverages such as beer or soft drinks per person are included on the trolley. Guests must be at least 18 years of age to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

12

❖ ROATAN, HONDURAS

ROA-001 TABYANA BEACH DAY

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: November 20, 2021 08:30 AM

Spend the day relaxing at Tabyana Beach, an idyllic setting on Roatan's southwestern tip. The drive there will be immensely enjoyable and scenic, as you will follow a circuitous route in the shadow of a large nature reserve. Upon arriving at Tabyana Beach (approximately a 1-hour drive), you will be free to pass the time doing whatever you please. You might stretch out on the sugar-white sand and bask in the sun, comb the beach looking for shells and read in the shade of a coconut palm. If you are feeling ambitious, you may join a friendly game of beach volleyball. The turquoise sea lapping at the beach couldn't be more inviting for a refreshing swim or to simply wade into the cool waters and gaze out over the spectacular tropical scenery. Kayaks are also available, as is snorkeling equipment. Part of the Mesoamerican Barrier Reef, the world's second-largest coral reef, lies just off shore and is teeming with colorful marine life.

- Relax on Tabyana Beach, a sugar-white stretch of sand on the island's southwestern tip.
- Do whatever you wish, whether it is simply lying in the sun or swimming in the Caribbean.
- Participate in activities such as volleyball, kayaking and snorkeling, if you desire.
- Take in the tropical ambiance as Caribbean music gently plays in the background.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly over sandy surfaces at the guests' discretion. This tour is not available to guests who utilize a wheelchair and those with mobility concerns should evaluate their ability and stamina before joining the tour. Snorkeling equipment, kayaks and lockers are an additional cost. Guests wishing to snorkel or swim should be good swimmers. Those taking part in water activities do so at their own risk and responsibility and may be required to sign a release form. Snorkeling equipment, kayaks and lockers are at an additional cost. Beach chairs are available on a first come-first serve basis and no umbrellas are available. The beach is not exclusive to cruise line guests.

ROA-005 DOLPHIN ENCOUNTER

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$221.00

Date: November 20, 2021 08:30 AM, 09:00 AM

Wade out into the crystal-clear, waist-high water off Bailey's Key for an unforgettable experience interacting with friendly, playful dolphins in their natural habitat. A speedboat will take you to the island, where naturalist guides will accompany you into the water. You can expect a truly memorable experience as you touch and play with the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful, characteristics that make them endearing to humans. Still, it is their highly evolved brains that set dolphins apart from other animals and make this encounter so wonderful. Afterwards, you will have free time for a bit of shopping at Anthony's Key Resort.

- Zip over to Bailey's Key in a sleek speedboat.
- Wade into the waist-deep waters off Bailey's Key and interact with the dolphins.
- Touch the dolphins if you like, and expect them to hug and even kiss you.
- Gain an understanding of the dolphins' profound intelligence.
- Purchase a photo CD of your experience, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This is not a "swimming with the dolphin" program. This tour involves moderate activity and participants should be able to step into and out of the boat, as well as stand unassisted in waist-deep water. This tour is not available to guests who utilize a wheelchair or guests with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and may be required to sign a release form before participating. The minimum age to participate is 6 years old, and children must be accompanied by an adult parent or guardian.

ROA-010 DEEP SEA FISHING

Duration: 3.00 Hrs **Tour Price:** CA\$339.00

Retail Price: CA\$535.00

Date: November 20, 2021 08:30 AM

Go deep-sea fishing for blue marlin or kingfish, two species known for putting up legendary fights when hooked. Everything will be provided so you can concentrate on catching fish. Blue marlins are among the world's largest, fastest and most recognizable fish. They grow up to 14 feet in length and weigh an average of 200 to 400 pounds. If you catch one of these strikingly beautiful billfish, be prepared for a tremendous fight, as blue marlins are powerful and have a reputation for tenacity that borders on the legendary. Catch a kingfish, and you will have a fight of a different sort on your hands. Kingfish, also known as King Mackerel, are aggressive, hard-hitting and built for speed. They typically feed by sight in the daytime, attacking their prey from underneath, prodigiously leaping out of the water on the follow through, and then returning to the water headfirst. Hook one and it will be an unforgettable experience.

- Set off into waters that offer the best chance of catching blue marlin and kingfish.
- Prepare for a formidable fight, as both species are powerful game fish.
- Bring only your sense of adventure, as everything else will be provided.
- Enjoy the experience of being aboard a deep-sea fishing boat with an affable captain.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

There is minimal walking on this tour, but handling the rods and reels can be strenuous when you hook a fish. The tour is not available to wheelchair guests or those with mobility concerns. Fishing is catch and release. A fishing license isn't required. Actual fishing time is 2 hours.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

13

ROA-016 Jolly Roger Catamaran Sailing & Snorkeling with Lunch

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00



Date: November 20, 2021 08:30 AM, 12:30 PM

Cruise along the gorgeous coast of Roatan in a sailing catamaran, eventually anchoring at a reef that is ideal for snorkeling. Once settled into the modern 60-foot catamaran, you will set off into the turquoise waters of the Caribbean Sea. You will be free to stretch out on the forward sun deck or relax in the comfortable shaded seating. You can expect a carefree and extraordinarily picturesque cruise, as Roatan boasts a wonderfully tropical shoreline that couldn't be more beautiful. In time, the catamaran will stop near a coral reef, affording snorkelers a close-up look at the marine life. Visibility is typically excellent and you will likely observe species such as sergeant majors, mahogany snappers and queen triggerfish. You may even spot a hawksbill turtle or two gracefully swimming by. On the return cruise, you will be served a bountiful lunch with unlimited rum punch, an experience made all the more delightful with Caribbean music playing in the background.

- Cruise the turquoise Caribbean Sea aboard a sleek and spacious sailing catamaran.
- Admire spectacular views in every direction while basking in the sun or sitting in the shade.
- Snorkel a reef known for its abundant intensely colorful marine life.
- Dine on a sumptuous lunch while cruising back to Roatan.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Guests that weigh more than 325 pounds or those with heart or lung conditions may not participate. Snorkelers must be at least 7 years old.

ROA-018 ULTIMATE FISHING ADVENTURE

Duration: 2.00 Hrs Tour Price: CA\$143.00 Retail Price: CA\$339.00

Date: November 20, 2021 08:30 AM

Hop aboard a fishing boat and try your luck catching some of the most prized game fish in the Caribbean. Everything you need for sport fishing will be provided on the boat, allowing you to better concentrate on reeling them in. You will be in prime fishing waters teeming with tuna, wahoo, mahi mahi, grouper and king mackerel, and there is no telling what you may catch. The captain and crew will offer fishing tips, provide the best bait for each species and net whatever you catch. Wahoo can often be found around drop-offs and are easy to identify by their long slender bodies marked with zebra-like stripes. Brightly colored mahi mahi, also known as dorado, typically make long runs and leap out of the water during the battle to land them. The king mackerel is another favorite fish to catch, as they are tremendous fighters. Like wahoo, they are aggressive hard-hitters known for their speedy runs.

- Cruise to prime fishing waters along the world's second largest barrier reef.
- Fish for prized game fish such as tuna, wahoo, mahi mahi and grouper.
- Increase your chances for success with fishing tips from the captain and crew.
- Snorkel a reef teeming with non-game fish on the return cruise.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

ROA-025 HORESBACK RIDE AND SWIM

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: November 20, 2021 08:30 AM, 09:30 AM, 11:00 AM

Ride a horse to a secluded beach and right into the Caribbean Sea, after which you can relax in the gorgeous coastal setting however you please. Following a briefing at the stables that will help maximize the experience, you will ease onto the saddle of a horse matched to your riding ability. All of the horses are gentle and very familiar with the winding trail, so you won't need to do much more than enjoy the ride. Upon reaching the beach, you can trot along the shoreline and continue into the surf, if you wish. The horses are used to being in the water, so you can expect the transition to be easy and completely natural. After dismounting, you will spend about two hours enjoying the serenity of this idyllic stretch of sand. You might return to the sea for a refreshing swim, enjoy a bit of casual beachcombing and bask in the sun without a care in the world.

- Ride horseback on a meandering trail to a somewhat remote beach.
- Continue riding right into the surf, if you wish.
- Spend hours relaxing at the beach, doing pretty much whatever you please.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

Note: Minimum age is 8 years. Maximum weight per person is 220 lbs. This tour is not available for guests who are pregnant, have heart, back or knee problems and who are deaf or blind. Closed toed shoes must be worn. Food is available at the guest's expense. Water shoes and lockers are available for rent.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

14

ROA-004 MAYAN REEF CLEAR KAYAK & SNORKEL

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: November 20, 2021 09:00 AM

Kayak through the crystal-clear waters off Roatan and then enjoy a different perspective of the marine world by snorkeling. The sites for both activities will be chosen the day of the tour to ensure the best conditions. After a brief orientation to maximize your kayaking experience, you will ease into the vessel and paddle off into the typically calm waters. The scenery will be spectacular in every direction, as the island is blanketed with lush tropical foliage and the Caribbean Sea here shimmers with every imaginable shade of blue. Following the kayaking adventure, you will snorkel along a nearby coral reef. Roatan is a paradise for snorkeling known for its crystal-clear waters, and you can expect to see all sorts of brightly colored species such as parrotfish, Atlantic blue tangs and angelfish. Afterwards, you will have time to relax on a beach where there are chairs, hammocks and shops and a restaurant.

- Paddle a kayak across the typically calm waters off Roatan Island.
- Take in the natural beauty as you kayak pass the gorgeous coastline.
- Snorkel a coral reef teeming with colorful marine life.
- Relax at the beach without a care in the world.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour requires strenuous activity and participants should be in good physical condition and able to snorkel and paddle a kayak without assistance. This tour is not available to wheelchair guests or those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form before participating. The tour sequence may be reversed. Participants must be between 8 and 65 years of age. Children younger than 12 years old must ride in the kayak with an adult parent or guardian. The weight limit for the kayak is 400 pounds. Personal belongings are not permitted in the kayak, but may be left on the bus or stored in a locker for \$3. Pictures on CD are also offered for an additional fee. Beach chairs are available on a first come - first serve basis. There are no umbrellas.

ROA-008 ISLAND HIGHLIGHTS

Duration: 3.25 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00

Date: November 20, 2021 09:00 AM, 10:00 AM

Enjoy two aspects of the natural world by observing iguanas in a protected zoo-like habitat and then visiting an eco-park that revolves around birds and butterflies. Roatan is known for its biodiversity, but few tropical animals are as iconic as the iguana, hundreds of which you will see at the Iguana Hideaway. It is an excellent venue to observe these prehistoric-looking reptiles, as iguanas are threatened on Roatan from loss of habitat and being captured for the pet trade. Watch them basking in the sun, lounging in trees and munching on vegetables. Flying creatures take center stage at the Mayan Eden Eco Park, where you will stroll through an enclosure with a huge variety of butterflies indigenous to Honduras. You can also expect to see hummingbirds flitting from blossom to blossom and brightly colored parrots. With the guide's assistance, you can probably coax one to perch on your arm for a photo.

- See hundreds of iguanas in a protected habitat shaded by tropical foliage.
- Hear about iguana behavior, and why the reptiles are endangered on Roatan.
- Walk among hundreds of fluttering butterflies in an eco-park.
- See hummingbirds darting about the eco-park and drinking nectar.
- Snap a selfie with a parrot perched on your arm or shoulder.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately one hour of easy walking and standing, plus additional walking at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. The venues are wheelchair-accessible, but the restrooms are not. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

ROA-014 BIG FRENCH KEY BEACH ESCAPE

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$104.00

Date: November 20, 2021 09:00 AM, 10:00 AM, 11:00 AM

Relax on the beach at Big French Key, a private island where you will be free to enjoy the tranquility and beautiful blue waters. A short ride in a motorboat will bring you to the key, which hasn't changed enormously since Christopher Columbus explored the surrounding Bay Islands in 1503 and described them as "incredibly green and fertile." While a few buildings are scattered about Big French Key, the nearly 12-acre island remains a verdant beach-rimmed paradise caressed by gentle trade winds. Life here revolves around the sea, and you are free to enjoy it in whatever way you wish. You might take a refreshing dip in the crystal-clear water, meander down the beach as the waves gently lap the shore, or do nothing more ambitious than sunbathing in a beach chair. Palm trees provide plenty of shade, where you can read or listen to island music from the outdoor bar. There is also a restaurant.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Bask in the sun or lie in shade, as there is plenty of room to stretch out.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

15

ROA-015 BIG FRENCH KEY BEACH ESCAPE & SNORKELING

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: November 20, 2021 **09:00 AM, 10:00 AM, 11:00 AM**

Zip over to Big French Key on a motorboat to relax on the island's sugar-white stretch of sand and snorkel along a nearby reef that is teeming with colorful marine life. From Roatan, you can see idyllic Little French Key and Big French Key beckoning just offshore. You will soon arrive at the larger of the private islands, where you will spend several immensely relaxing hours at the beach. With absolutely no schedule to follow, you will be free to do as you please. Swim, stroll along the beach and relax in a beach chair under a palm tree. How you spend the time is entirely up to you. A short boat ride will take you to an offshore platform floating above a reef that is ideal for snorkeling. About 96% of the Caribbean's marine life has been spotted in these waters, so you can expect to see a wide variety of colorful, curious and unusual species.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Snorkel a reef that nearly every species of Caribbean marine life inhabits.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.

ROA-017 ULTIMATE EXTREME ADVENTURE COMBO

Duration: 4.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$182.00

Date: November 20, 2021 **09:00 AM, 11:00 AM**

Soar through a tropical forest on two zip-lines and enjoy a meandering walk through the jungle on a nature trail with towering suspension bridges. Three different activities await you at the extreme adventure park, each thrilling in its own way. You may begin by strolling through the jungle canopy, much of it along suspension bridges and wooden boardwalks that offer close-up views of the flora and fauna. The traditional zip-line offers a more adrenaline-pumping adventure, which involves sitting in a harness and darting through the treetops from platform to platform. It will be absolutely exhilarating as you pass over trees and through pathways cut out of the dense foliage at heart-pounding speeds. For the ultimate thrill, try the Superman Zip. It is the area's only forward-facing zip line with a special harness that allows you to fly through the air headfirst like Superman.

- Spend a thrilling day enjoying the area's only extreme adventure park.
- Enjoy three activities, each one a bold and adventurous challenge.
- Walk through the tree canopy on suspension bridges high above the jungle floor.
- Soar through the trees from platform to platform while seated in a zip-line.
- Fly through the air headfirst like Superman in the area's only forward-facing zip-line.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Minimum weight is 70 lbs., maximum is 250 lbs. Maximum age is 75 years unless in fit condition with no medical issues.

ROA-020 THE BEST OF THE WEST IN ROATAN

Duration: 4.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$143.00

Date: November 20, 2021 **09:00 AM, 11:00 AM**

See the highlights of western Roatan, which include a robust shopping village, an extreme nature park and a private waterfront resort. While stopping at the bohemian-style West End Village, you might browse the art galleries, linger over a drink at a waterfront café and stroll the wooden piers while watching the water taxis come and go. You will then visit the area's only extreme adventure park to stroll a nature trail through the jungle canopy, much of it along suspension bridges. From this vantage point high above the jungle floor, you can expect to see colorful flowers, chirping tropical birds and creatures such as iguanas and lizards perched on the branches. Continuing on to the San Simon Beach Club, you will enjoy more free time to savor the island ambiance. You might stroll the resort's pristine stretch of sand, take a refreshing swim in the sea or simply lounge in the shade of a coconut palm.

- Browse the art galleries and shop for handicrafts in laid-back West End Village.
- Take an exhilarating walk through a jungle tree canopy, much of it on suspension bridges.
- Observe creatures such as parrots and monkeys at their level, high in the trees.
- Enjoy the low-key, stress-free atmosphere at a waterfront resort.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

16

ROA-021 TURQUOISE BAY ALL INCLUSIVE PRIVATE BEACH BREAK

Duration: 5.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00



Date: November 20, 2021 09:00 AM

Spend hours relaxing with your family at a waterfront resort with a private beach, where everything you could possibly need is included. Upon arriving at the Turquoise Bay Resort, you will receive a welcome cocktail and an enlightening overview of the property so you can maximize your time here. Your family will then be free to enjoy the abundant amenities, which include dining, beverages and endless fun. You might stretch out on a lounge chair on the island's longest private beach and bask in the sun. A leisurely stroll along the shoreline is another popular way to soak up the sun. If you prefer a bit of shade, thatched-roofed palapas and hammocks dot the white-sand beach. The resort offers all sorts of amenities geared toward children, too. Through the Pirates Kid Club, they can go on scavenger and treasure hunts, create art projects and learn how to play a Garifuna drum, all under the teachers' watchful eyes.

- Enjoy the amenities at the Turquoise Bay Resort however you please.
- Swim in the sea, bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take advantage of the supervised Pirates Kid Club for children.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

ROA-022 TURQUOISE BAY ALL INCLUSIVE OVER THE WATER BUNGALOW

Duration: 5.50 Hrs Tour Price: CA\$522.00

Retail Price: CA\$784.00



Date: November 20, 2021 09:00 AM

Relax at the exclusive waterfront Turquoise Bay Resort, where you will enjoy the serenity of your own over-the-water bungalow with all sorts of premium amenities. Furnished with a comfortable teak day bed for two, the thatched-roof bungalow will be your home base at the resort. It features a suspended patio with a swim-up platform, a shaded area and a sunny area, and an ice box with a cold bottle of champagne just waiting for you to pop the cork. If you need a towel, drinks or snacks, simply use the pager. Butler service is included to ensure that your time at Turquoise Bay will be completely carefree. Other amenities include access to a reserved beach if you want to stretch out on the sand and a spectacular three-course lunch. Feel free to spend hours enjoying the serenity of your over-the-water bungalow or explore other areas of the resort. The choice is entirely yours.

- Luxuriate in a private, waterfront thatched-roof bungalow at the Turquoise Bay Resort.
- Stretch out on the teak day bed and on a towel at the beach.
- Celebrate with champagne included in your bungalow's ice box.
- Utilize the butler service to make your stay immensely enjoyable.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Price is for 1 or 2 guests. Only one person needs to book the bungalow for a party of 2. The bungalows will accommodate a third and fourth guests for an additional fee, payable on board. Wheelchair guests will be required to take a few steps at the bungalow and to enter and exit the bus.

ROA-023 TURQUOISE BAY VIP ALL INCLUSIVE BEACH BREAK

Duration: 5.50 Hrs Tour Price: CA\$169.00

Retail Price: CA\$365.00



Date: November 20, 2021 09:00 AM

Be treated like a VIP at a waterfront resort where you won't have to lift a finger to enjoy amenities such as a reserved area of the beach, premium drinks and a three-course lunch. Upon arriving at the Turquoise Bay Resort at the east end of Roatan island, you will meander over to a part of the island's longest private beach that has been reserved for you and your party. It is an extraordinary setting to stretch out on a lounge chair and bask in the sun and take a leisurely stroll along the shoreline. If you prefer shade, thatched-roofed palapas and hammocks dot the white-sand beach. Mid-morning hors d'oeuvres will be served, as well as a three-course lunch afterwards. A bar with endless premium beverages will also be open for your enjoyment. Whenever you need a refill, a plush towel or most anything else, simply ask one of the waiters standing by.

- Luxuriate in a reserved area of the beach at the Turquoise Bay Resort.
- Enjoy mid-morning hors d'oeuvres, a three-course lunch and endless premium beverages.
- Bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take comfort in knowing that waiters are standing by to fulfill your requests.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Wheelchair guests will be required to take a few steps to enter and exit the bus.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

17

ROA-009 GLASS-BOTTOM SEMI-SUB & SHOPPING

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: November 20, 2021 09:15 AM, 10:15 AM, 01:00 PM

Marvel at the colorful marine life just offshore from the comfort of a semi-submersible viewing vessel, then shop for handicrafts and tour the only cameo factory in the Americas. At West Bay Beach, you will board the semi-submersible vessel, which offers the visibility of a glass-bottom boat but with more comforts. Unlike riding in a glass-bottom boat, you won't have to crane your neck to look down at the marine life. The seats in the semi-submersible's enclosed air-conditioned hull have windows six feet below the water's surface, allowing you to look straight out into the underwater world. The sights will be spectacular, as you will cruise over one of the world's largest coral reefs. Afterwards, you will have time to shop for handicrafts at West End Village and for cameos at Stone Castle Cameo. As you will see during a demonstration, the artisans hand-carve each piece from double-layered seashells using a steel engraving tool to cut the designs.

- See the wonders underwater from the comfort of an air-conditioned semi-submersible.
- Observe the brilliantly colored marine life through the large viewing windows.
- Cruise past one of the world's largest coral reefs.
- Shop in a beach town known for its handicrafts.
- Watch artisans hand-carve cameos from seashells.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and semi-sub, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

ROA-002 GUMBALIMBA PRESERVATION PARK

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00

Date: November 20, 2021 09:30 AM

Enjoy Roatan's natural beauty at Gumbalimba Park, a tropical paradise where you will follow winding trails through a botanical garden, bird sanctuary and an animal reserve. Along the way, the guide will point out unusual flora such as the gumbalimba tree, after which the park is named. It is also known as the gumbo limbo or more casually as the "tourist tree" because its reddish bark looks like peeling sunburned skin. You can expect the gardens to be a riot of color with indigenous plants that include the delicate, pale-yellow orchid that is the national flower of Honduras. The bird sanctuary will also be ablaze in color as macaws and parrots are abundant. If you are feeling adventurous, you might hold one of the monkeys in the refuge or simply watch them swinging from branch to branch in the trees. Another highlight is Coxen's Cave, which holds replicas of items that pirates once used.

- Wander the natural paths of a botanical garden, bird sanctuary and animal reserve.
- Listen to the naturalist guide describe the indigenous flora.
- Observe brightly colored scarlet macaws, the national bird of Honduras.
- Hold a monkey in the animal reserve, if you like.
- See replicas of pirate treasures in Coxen's Cave.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount walking over natural terrain and some uneven and cobblestone surfaces. This tour is not available to guests who utilize a wheelchair and is not recommended for guests with mobility concerns. Insect repellants with DEET, scented lotions, perfumes, flash photography, smoking and feeding the animals are prohibited. Guests taking part in water activities do so at their own risk and responsibility.

ROA-026 BEST OF ROATAN

Duration: 4.00 Hrs Tour Price: CA\$0.00

Date: November 20, 2021 12:30 PM

Take in the lush tropical scenery while cruising to Dixon Cove and then enjoy the seaside setting of Sol y Mar beach club. The coastal views along the way will be spectacular, including the sight of a partially submerged shipwreck at the cove's entrance. The skeletal remains of the rusting Tulum, a cargo ship that ran aground in the 1970s, are hauntingly beautiful, especially juxtaposed against the lush mangroves that line the shore. As you will learn, the coastal mangroves are environmentally important as habitat for birds, a nursery of sorts for marine creatures and as filters for any impurities in the water. During the panoramic drive that follows, you will pause at a lookout that offers a different perspective of picturesque Roatan. Time at the Sol y Mar beach club will allow you to relax and enjoy the sand and sea. As entertainment, indigenous Garifuna dancers will perform and demonstrate how they make cassava bread, a community staple.

- Cruise into Dixon Cove, where one of the Caribbean's most photographed shipwrecks lies.
- Discover the remarkable benefits of the mangroves that line the shore of Dixon Cove.
- Spend time relaxing at a beach club and watching indigenous Garifuna dancers.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

Minimum age to participate is 2 years. Maximum weight is 260 lbs. Collapsible wheelchairs are allowed. Guests must be able to enter and exit the vehicle on their own. Bring bug spray, water, and sun block.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

18

❖ PUERTO LIMON, COSTA RICA

PEL-004 CARIBBEAN TRAIN, ECO CRUISE & COUNTRYSIDE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 22, 2021 08:30 AM, 09:30 AM

Behold the natural beauty of Costa Rica by cruising the canals of a national park and riding through the jungle on a historical narrow-gauge train. As you cruise the Tortuguero Canals, you will learn about the green sea turtles, leatherbacks and hawksbill turtles that nest along the beaches. The canals are also full of spectacled caiman, southern river otters and West Indian manatees. The surrounding jungle-like forest supports a different sort of wildlife. Spider, howler and Capuchin monkeys can usually be spotted and often heard screeching from the treetops. Colorful tropical birds are just as plentiful, including dark bronze Amazon kingfishers, which are often seen diving into the water to catch fish. Following the cruise, you will ride a train through the heavily forested hills, where you can expect to see playful monkeys, brilliantly colored birds and perhaps even sloths, which are a bit more difficult to spot in the trees as they move at a snail's pace.

- Cruise the glassy waters of the Tortuguero Canals.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Ride a narrow-gauge train through the countryside while looking for wildlife.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily seated. It is not available to wheelchair guests. Those with mobility concerns should be able to negotiate the steps of the coach and train with limited assistance. Neither the train nor boat are air-conditioned; both are covered but open on the sides. The tour sequence may vary. While likely, wildlife sightings are not guaranteed. After your cruise, you will be treated to some fresh fruit, ice-cold water and soft drinks.

PEL-005 HACIENDA TAYUTIC EXPERIENCE

Duration: 8.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$221.00



Date: November 22, 2021 08:30 AM

Discover country living Costa Rican-style at a hacienda in the Tayutic Valley, where you will learn how the resident Ortuño family grows sugarcane, coffee and macadamia nuts. Chances are, you will spot other plantations during the drive there, as the fertile valley is agriculturally rich. While at the hacienda, you will see how the cane extract is processed to produce sweets with macadamia nuts. You will also watch a demonstration of how coffee is cultivated and then enjoy a coffee tasting that reflects the method of how the beans are roasted. As you tour the grounds, you will gaze out over the lush valley and the Reventazón River at its heart. The natural beauty will extend into the lunch venue, as you will dine outdoors in a garden that hummingbirds frequent. Afterwards, you might explore the grounds even further, stopping at a wooden chapel that German pilgrim brought here in 1880.

- Enjoy a picturesque drive into the fertile Tayutic Valley.
- Spend the day at a hacienda, watching how sugarcane and coffee are grown and processed.
- Meander about the hacienda grounds, admiring the panoramic views of the valley.
- Browse the hacienda gift shop, which carries merchandise produced on site.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PEL-010 AERIAL TRAM & RAINFOREST ADVENTURE

Duration: 7.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$208.00



Date: November 22, 2021 08:30 AM

Embark on an open-air gondola ride with a naturalist guide and safely glide through a living backdrop of giant trees, hanging gardens, waterfalls and lush green landscapes. Panoramic ocean views and common sightings of wildlife that thrive in the canopy will introduce you to this unique transitional forest. This is also one of the few areas in Costa Rica where you can occasionally see spectacular scarlet macaws majestically soaring above the treetops or sitting in one of the trees. To complete your Tropical experience, visit the Butterfly Garden, a medicinal plant Garden and Heliconias Gallery. You'll also have a chance to pass through a snake exhibit set in the tropical rainforest. Enjoy a delicious lunch before returning to your ship. Note: Wear light clothes, closed-toe shoes. Bring rain gear and insect repellent

- Ride an open aerial tram through the rainforest in Braulio Carrillo National Park.
- Follow a naturalist guide along a trail for a look at the flora and fauna at ground level.
- Reflect on your immersion into the natural world over lunch at a café in the park.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. However, wheelchairs cannot be accommodated on the gondola.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

19

PEL-016 WILDLIFE IMMERSION EXPLORATION & KAYAK ADVENTURE

Duration: 7.50 Hrs Tour Price: CA\$0.00

Date: November 22, 2021 08:30 AM

Discover the wonders within the Cahuita National Park by walking through the forest with a naturalist guide and see the natural world from a different perspective by kayaking. While meandering through the national park, the guide will point out and describe the tropical flora and fauna. You may spot sloths hanging upside down in trees such as banaks, squawking parrots and white-faced capuchin monkeys high in the branches, and neon-colored dart frogs clinging to the brush at ground level. The park has been protected for more than 50 years and its biodiversity is stunning. Iguanas, anteaters, toucans and egrets are common sights. Similarly, while kayaking from Puerto Uva, you can expect to see a variety of flora and fauna as you paddle past the photogenic sea cliffs and sea caves. If you head up the river that empties into the sea, the sights will be much like those in the national park.

- Observe abundant wildlife while walking through a national park with a naturalist guide.
- Paddle along the picturesque coast in a kayak, starting a Punta Uva.
- Enjoy free time for lunch and shopping in Puerto Viejo.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes approximately 3 hours of walking on flat and paved surfaces, as well as some walking on sand during the kayak portion of the tour. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing, closed-toe shoes, water shoes, a towel, suntan lotion, insect repellent, hat and sunglasses are suggested.

PEL-009 RAINFOREST EXTRAVAGANZA

Duration: 7.50 Hrs Tour Price: CA\$208.00 Retail Price: CA\$404.00



Date: November 22, 2021 08:45 AM, 09:30 AM

Enjoy an enlightening look at Costa Rica's flora and fauna by cruising the waterways in a national park and then exploring the terrestrial world on an aerial tram through a rainforest. The adventure will begin by cruising the Tortuguero Canals in a pontoon boat. The exotic setting is teeming with wildlife such as manatees, caiman, spider monkeys and more than 300 species of birds. This immersion into the jungle habitat will serve as a wonderful prelude to your next stop in the pristine Veragua Rainforest. Following a guided tour through exhibits of indigenous animals such as snakes, frogs and butterflies, you will ride the aerial tram into the rainforest canopy. It will reveal a world that couldn't be experienced otherwise. Expect to see animals rarely seen on the forest floor that may include two-toed sloths and howler monkeys. Afterwards, you follow the Trail of the Giants to a 65-foot waterfall.

- Cruise the glassy waters of the Tortuguero Canals.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Ride an aerial tram through a rainforest canopy.
- Hike the Trail of Giants in the shadow of gargantuan trees.
- Follow a second trail to a waterfall in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of moderate walking, at times over uneven and natural surfaces. The tour is not available to wheelchair guests and not recommended for those with a fear of heights. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Don't feed the animals or touch the plants.

PEL-014 PANORAMIC BUS TOUR

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$91.00

Date: November 22, 2021 09:00 AM, 01:00 PM

Settle in for a leisurely and immensely scenic drive through the countryside for an enlightening look at rural life on the outskirts of Puerto Limon. As you travel through the verdant fertile landscape, you will learn much about the importance of agriculture to the economy and how it influences the local lifestyle. While pausing at one of the many banana plantations, you will discover how the fruit is grown, packaged and shipped worldwide. Bananas were first cultivated in Costa Rica in 1878, making it the first Central American country to grow the crop. You will see bananas and an array of other fresh produce while stopping at an outdoor market. Pineapples, mangos and more exotic fruits such as mamey sapotes will likely be displayed in abundance. A look at Bananito town will lend insight into the typical daily lives of the Costa Ricans that work on the fruit plantations.

- Enjoy a relaxing drive through the fertile countryside on the outskirts of Puerto Limon.
- Pause at a banana plantation for an understanding of the fruit's economic importance.
- Stop in Bananito town for a look at the local lifestyle and culture.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

20

PEL-015 WILDLIFE RESCUE CENTER, COASTAL SCENIC DRIVE & LUI

Duration: 5.00 Hrs Tour Price: CA\$0.00



Date: November 22, 2021 09:00 AM, 10:00 AM

Follow a mostly coastal highway south to a wildlife center that rehabilitates abandoned and injured animals in hopes of releasing them back into the wild. The drive will be extraordinarily scenic with ocean on one side and lush vegetation on the other. You will cross several rivers and pass the Cahuita National Park before arriving at the wildlife facility in Puerto Viejo. Despite the name of the Jaguar Rescue Center, it primarily cares for sloths, monkeys, birds and marsupials that may have been attacked by dogs, electrocuted, orphaned or confiscated due to illegal trafficking. You will learn the stories of the animals while watching them being cared for in hopes of relocating them once they are rehabilitated. You can expect it to be an emotionally moving experience, especially when you hear about the many creatures that have been successfully released into a remote natural reserve. A tasty Costa Rican lunch follows.

- Enjoy a panoramic coastal drive south to a wildlife rescue center in Puerto Viejo.
- Watch the naturalists care for the animals, which include mammals, birds and reptiles.
- Learn why the animals were brought to the center and about their chances for recovery.
- Dine on traditional Costa Rican food at a restaurant in Puerto Viejo.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes approximately 2 hours of walking on unpaved and uneven trails. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate, light clothing is suggested, and comfortable, closed-toe walking shoes are mandatory. No flash is allowed at Wildlife Rescue Center, as it disturbs the animals.

PEL-007 VERAGUA RAINFOREST & AERIAL TRAM

Duration: 5.50 Hrs Tour Price: CA\$156.00 Retail Price: CA\$352.00

Date: November 22, 2021 09:15 AM

Experience the wonders of the Veragua Rainforest on aerial tram and then hike through the wilderness. Upon arriving at a research center in the rainforest, a naturalist will lead you through the exhibits of live snakes, frogs and butterflies. It will be an excellent introduction to the natural attractions that lie ahead, starting with an immensely scenic tram ride through the rainforest canopy. You will disembark at the Victoria River and then take a leisurely stroll through the Trail of the Giants, so named for the ancient trees that tower over it. If you are feeling ambitious, you may enjoy the optional walk up to the Puma waterfalls. Later, you will return to the research center to learn about the efforts to discover new species of plants and animals in the most remote reaches of the rainforest.

- Ride an aerial tram through the upper reaches of a rainforest.
- Discover some of the wildlife and exotic plants that thrive in the virgin environment.
- Hike the Trail of Giants in the shadow of gargantuan trees.
- Follow a second trail to a waterfall in the rainforest.
- Learn about the scientific research being conducted in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking over mostly even surfaces. The tour is available to wheelchair guests who can make their way on and off the coach and sit in a coach seat. The tour is also suitable for guests with mobility concerns; however, they should evaluate their ability and stamina before joining the tour. The order of the sites may vary. There will be a brief stop at the café where you can enjoy fresh tropical fruits and juices, or browse for a few souvenirs before it's time to re-join your coach and travel back to the pier.

PEL-017 CULTURAL JOURNEY & SOUL FOOD DELIGHT

Duration: 4.00 Hrs Tour Price: CA\$0.00

Date: November 22, 2021 09:15 AM

Enjoy an enlightening tour of Puerto Limon as a prelude to a cultural performance and hands-on cooking class. The walking portion of the tour will begin at leafy Parque Vargas, a popular gathering place that overlooks the sea. Be sure to notice Uvita Island just offshore, as it is renowned as the spot where Christopher Columbus landed in 1502 on his fourth and final voyage to the New World. He is credited with naming Costa Rica, which is Spanish for "Rich Coast." You will also pause to take in the sights at Playa Bonita, a beautiful stretch of sand nearby. A dance performance to live calypso music follows at the House of Culture, after which you will learn to prepare a few signature local dishes. Chances are, they will include a Costa Rican version of rice and beans, a beef-stuffed turnover and a sweet plantain tart. Later, you will snack on your tasty concoctions.

- See the highlights of Puerto Limon by walking around the downtown and beach.
- Enjoy live calypso music and a dance performance at the House of Culture.
- Snack on some pure Costa Rican dishes that you have created in a cooking class.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of walking. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Minimum age to participate is 4 years of age. The order of the excursion may vary according to the number of people and weather conditions.

PEL-GG1 HANDS-ON CONSERVATION & CULTURAL EXCHANGE

Duration: 5.00 Hrs Tour Price: CA\$0.00

Date: November 22, 2021 09:15 AM, 01:15 PM

Interact with residents of a rural community that live sustainably and participate in activities that align with those values. As an introduction to Las Brisas, you will learn about its traditional farming methods as you hand-pick organic fruit to snack on later. Similarly, you will observe the community's small-scale production of milk and lend a hand to milk a cow, if you wish. To help reverse the deforestation in the surrounding woodlands, you will then plant a tree seedling as part of the community's effort to counteract climate change. Be assured that the tree will be nurtured until it can survive on its own. Las Brisas lies in the shadow of a somewhat isolated community of indigenous Cabecar people, who will demonstrate their prodigious artistic skills. Feel free to converse with the artisans as they describe their handicrafts and how they have preserved their unique culture.

- Visit a mountain community whose residents follow a sustainable, eco-friendly lifestyle.
- Plant a tree to help reverse deforestation and snack on organic fruit that you have picked.
- Interact with artisans from the neighboring community of indigenous people.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of walking. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Minimum age to participate is 4 years of age. The order of the excursion may vary according to the number of people and weather conditions.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

21

PEL-012 PUERTO VIEJO BEACH BREAK & SHOPPING

Duration: 6.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$104.00

Date: November 22, 2021 09:30 AM

Relax on a secluded stretch of sand at a beachfront hotel before heading into Puerto Viejo to browse the shops. The hotel grounds are so lushly landscaped with palms, flowers and exotic plants that it resembles a botanical garden. The beach is just as magnificent, as it rims a rainforest. While there, you will be free to spend your time however you please. You might do nothing more ambitious than bask in the sun or relax in the shade with a favorite book in hand. Or you may prefer to stroll from one end of the beach to the other, often in places where the only footprints will be yours. The water is typically calm and crystal-clear, making it difficult if not impossible to resist a refreshing swim. After a couple of hours at the beach, you will continue on into laid-back, Jamaican-influenced Puerto Viejo for a bit of shopping.

- Spend hours relaxing at a lovely hotel beach, doing pretty much whatever you please.
- Enjoy the serenity of the setting, as the beach is secluded and a rainforest surrounds it.
- Browse the shops in Puerto Viejo during free time.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. There is an availability of beach mats, hammocks, showers, restrooms, towels, food & drink for purchase. Lifeguard service is not offered, clients enter the sea at their own risk.

PEL-002 ECO JUNGLE RIVER CRUISE

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 22, 2021 12:30 PM, 01:30 PM

Experience the biologically diverse ecosystem of Costa Rica while riding in a pontoon boat through the Tortuguero Canals. Known as Costa Rica's Amazon, the canals are surrounded by rainforest and extremely rich in flora and fauna. As you cruise the labyrinth of natural and man-made canals, you will most likely see beautiful wild orchids in the trees, water lilies blanketing the water's surface and a variety of monkeys, sloths and birds such as toucans. Costa Rica's national bird, the clay-colored thrush, also inhabits the forest and is cherished for its exquisite song. The canals are only accessible on foot or by boat, so the entire area is rather remote and uncrowded. Even so, you may pass villagers going about their daily lives, perhaps paddling by in dugout canoes and scrubbing their laundry along the riverbank.

- Cruise the glassy waters of the Tortuguero Canals in a pontoon boat.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Look for clusters of wild orchids and blooming epiphytes in the tree branches.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Listen for howler monkeys screeching in the treetops.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily seated. The tour is not available to wheelchair guests. Those with mobility concerns should be able to negotiate steps to enter and exit the boat with limited assistance. The boat is not air-conditioned and while covered is open on the sides. Guests are cautioned not to touch the plants or feed the animals. Restrooms are available at the boat dock. While likely, wildlife sightings are not guaranteed. Board your coach at the pier, for a scenic 25-minute ride to a private dock in Moín where you will board the pontoon boat.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

22

❖ COLON, PANAMA

CLN-007 EXPLORATION OF THE PANAMA CANAL

Duration: 7.00 Hrs **Tour Price:** CA\$117.00 **Retail Price:** CA\$313.00



Date: November 23, 2021 07:00 AM

Enjoy an enlightening ferry ride through parts of the Panama Canal where workers overcame some most difficult engineering challenges. You will board the ferry inside the Panama Canal and soon pass through the Gaillard Cut, an excavated gorge more than eight miles long. The soil here was originally unstable, causing landslides that made construction all the more demanding. Temperatures that often rose well over 100° Fahrenheit didn't help matters. While cruising through some of the canal locks and Miraflores Lake, you will learn all sorts of fascinating information about the canal's history and construction. A buffet lunch will be served as you make your way to the last lock on the Pacific Ocean side of Panama.

- Settle into a comfortable ferry and enjoy a ride through parts of the Panama Canal.
- Appreciate the difficulty of building the canal as you pass through the most challenging section.
- Discover the history of the canal, which dates to 1880.
- Disembark the ferry at the last lock that empties into the Pacific Ocean.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking. It is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the ferry and coach, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour.

CLN-009 ECO CRUISE & AGUA CLARA LOCKS

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 23, 2021 07:30 AM

Cruise manmade Gatun Lake, which is teeming with wildlife, and visit the critically important Gatun locks, the largest set of locks in the Panama Canal. While cruising the lake, the guide will describe how it was formed when the Chagres River was dammed during the construction of the canal. The islands that you will see were once soaring hilltops. Wildlife now flourishes here, and you may well spot monkeys, crocodiles and exotic tropical birds. A wildlife sanctuary occupies the small island at the lake's center. Besides providing a home to countless animals, the lake holds enough water to keep the locks operating during dry spells. You will also have the opportunity to view the three sets of Gatun locks that raise ships 85 feet as they pass through the canal.

- Cruise around manmade Gatun Lake, while observing the abundant wildlife.
- Look for crocodiles in the water, monkeys in the trees and birds overhead.
- View the Gatun locks, an astonishing engineering accomplishment.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1-hour of moderate walking/standing over mostly even surfaces. Due to the difficulty level of boarding the lake boat, the tour is not available to wheelchair guests or those with mobility concerns. Comfortable flat shoes; light clothing; sun hat; sunglasses; sunscreen; and insect repellent are strongly recommended. The order of the sites viewed or visited may vary. Wildlife sightings are not guaranteed.

CLN-008 PANAMA CITY TOUR

Duration: 6.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 23, 2021 07:45 AM

Explore the charms of Panama City, especially the Old Town that was founded in the 16th century. On the drive there, the guide will point out the most notable sights and describe the landmarks that you can expect to see in Panama's vibrant capital. Your city tour will continue in Casco Antiguo, which replaced the original city after Captain Henry Morgan ruthlessly destroyed it in 1671. Fortunately, the treasured golden altar of the Church of San Jose was spared because clever Jesuit priests painted it black, and the pirates thought it was worthless. While touring, you will hear stories of Panama City's early years that lend great insight into its history. While meandering Las Bovedas walkway, you will see engraving in the walls that recount the French attempt to construct the Panama Canal in the 1880s.

- Explore the Old Town in Panama City and hear its remarkable history.
- Learn how Captain Henry Morgan wantonly destroyed and plundered the original city.
- See engravings in stone that show a failed early attempt to build the Panama Canal.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes more than two hours of moderate walking and standing with some uneven surfaces. This tour is not considered suitable for wheelchair guests or those with mobility concerns. The order of the sites viewed or visited may vary. Times are approximate.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

23

CLN-001 AN ENCOUNTER WITH THE EMBERA INDIANS

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: November 23, 2021 08:00 AM

Cruise a winding river in a national park to a village inhabited by the Embera Indians, an indigenous people with no written language. On the way to the Chagres National Park, the guide will describe the region's history and explain the customs of the Embera Indians, who are known as the keepers of the rainforest. For the final leg to the village, you will ride in a traditional dugout canoe similar to the ones that the Indians have used for centuries. Following a warm welcome by the Embera chief, you may wander through the village as you please. The gracious Embrera are known as fine craftspeople, and you will see them creating works of art using traditional techniques. The men typically wear loincloths, the women wear skirts and colorful beads, and both genders tend to paint their bodies with juice from the native jagua fruit. You can expect a genuine, unrehearsed encounter with an indigenous people that haven't altered their ways in centuries.

- Cruise a rainforest river in a dugout canoe to an Embera Indian village.
- Gain a genuine understanding of the Embera lifestyle before arriving.
- Watch the Embera create crafts using traditional means as you wander about the village.
- Admire how the Embera have proudly protected their traditional way of life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour about 1½ hours of moderate walking over uneven and natural surfaces. The tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the cruise.

CLN-002 THE GAMBOA AERIAL TRAM EXPERIENCE

Duration: 5.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$248.00

Date: November 23, 2021 08:00 AM

Observe the wilds of Soberania National Park from an aerial tram high above the rainforest floor and from atop an observation tower that offers an entirely different perspective. The aerial tram leaves from the contemporary Gamboa Rainforest Resort in the heart of the national park, a wonderfully natural and unspoiled setting. As you ascend from the forest's shaded understory into the sunnier tree canopy, the types of vegetation and animals will change. Mammals such as coatis and capybaras may be spotted at ground level, while sloths, howler monkeys and tropical birds are often seen in the higher altitudes. The ride will offer a spectacular overview of the rainforest that seems to go on forever. Later, you will have the opportunity to climb an observation tower for a different 360°-view of the wilderness. You might also browse the resort's butterfly farm, orchid garden and serpentarium.

- Ride through the rainforest tree canopy in an aerial tram.
- Enjoy sweeping views of the rainforest, which lies within a pristine national park.
- Look for wildlife that includes sloths, howler monkeys and tropical birds.
- Climb an observation tower for a 360°-view of the wilderness.
- Enjoy other attractions such as an orchid garden in a rainforest resort.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion following the tram ride. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Wildlife sightings are not guaranteed.

CLN-003 PORTOBELO & AGUA CLARA LOCKS

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$143.00

Date: November 23, 2021 08:30 AM

Watch the fascinating operation of the Gatun locks in the Panama Canal and explore the town of Porto Belo that was once the busiest city in the New World. You will enjoy a spectacular view of the canal locks from an observatory platform. From there, you will have an extraordinarily close-up look at the enormous ships that may be passing through the series of locks. Few places present such a clear understanding of how the Gatun locks function, just as nearby Porto Belo will exhibit how the Panama Canal affects life in the surrounding area. While visiting the town, you may learn about its history, pirate attacks and the circumstances of Sir Francis Drake's death there in 1596. Christopher Columbus named Porto Belo, meaning "beautiful harbor," while visiting the area in 1502. After your guided tour of Porto Belo, free time will be allowed so that you can further explore on your own or do some shopping before it's time to transfer back to the pier.

- Get a close-up view of the Gatun locks in the Panama Canal and how they operate.
- Have an opportunity to watch massive vessels pass through the locks.
- Explore the nearby town of Porto Belo, whose heyday was before the canal was built.
- Hear intriguing stories about Porto Belo's past, especially during the pirate era.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about three hours of easy to moderate walking and standing over some uneven ground. Due to accessibility issues, the tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Sighting ships is not guaranteed.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

24

CLN-010 THE PANAMA CANAL: AN IMAX EXPERIENCE

Duration: 6.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: November 23, 2021 08:30 AM

Take a one-of-a-kind historical journey through the Panama Canal by watching an IMAX film in 3D that shows how this engineering wonder of the world was created and how it operates today. "Panama Canal—A Land Divided, a World United" is a documentary that clearly explains the complexities and challenges of the canal, past and present. Through extraordinary shots from the air, historical re-creations and up-close views of massive ships passing through the system of locks, you will gain a deeper understanding of the manmade waterway and the ingenuity behind the locks. As incredible as it may seem, it is all done by gravity, without a single water pump. The sheer force of the rising water can lift a 70,000-ton cargo ship three stories high in a mere 10 minutes, allowing it to pass through the canal. Following the film, you can watch the real thing in action from a terrace that overlooks the Miraflores locks.

- Watch an IMAX documentary movie with incredibly detailed footage of the Panama Canal.
- Gain a deep understanding of the canal's history and the challenges to keep it operating.
- Learn little-known facts about the Panama Canal that you might never know otherwise.
- See ships passing through the canal from a terrace that overlooks the Miraflores locks.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

CLN-004 TWO OCEANS BY RAILROAD - STANDARD

Duration: 6.00 Hrs Tour Price: CA\$182.00

Retail Price: CA\$378.00

Date: November 23, 2021 08:45 AM

Travel from one side of Panama to the other in a beautifully restored train, following a railway that serviced the construction of the Panama Canal. The ride will begin in Colon on the Caribbean coast, where you will settle into a restored train car and enjoy sweeping views of the tropical rainforest. Along the way, the guide will describe the history of the railroad, which was completed in 1855 to accommodate the increasing gold-rush traffic and then rebuilt in the early 20th century. Once you cross the country and arrive in Panama City on the Pacific Ocean, you will be treated to a close-up look at the canal's system of locks. Completed in 1914, the Panama Canal is an engineering marvel that is exciting to watch in action as enormous vessels pass through the locks. You will pause at the Gatun locks, where the first concrete was laid in 1909.

- Ride a vintage train across Panama, from the Caribbean side to the Pacific Ocean side.
- Hear the history of the Panama Canal and how the railway was expanded to service it.
- Enjoy views of the rainforest on the way to the canal's famed Gatun locks.
- Have an opportunity to watch massive vessels pass through the locks.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 1½ hours of moderate walking and standing. It is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the train and coach, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Sighting ships or wildlife is not guaranteed. The order of the train and coach travel may be reversed. A snack box is available on the train.

CLN-005 TWO OCEANS BY RAILROAD -DOME CAR

Duration: 6.00 Hrs Tour Price: CA\$221.00

Retail Price: CA\$417.00

Date: November 23, 2021 08:45 AM

Travel from one side of Panama to the other in a beautifully restored train, following a railway that serviced the construction of the Panama Canal. The ride will begin in Colon on the Caribbean coast, where you will settle into a dome car with ceiling and side windows that present the most expansive view possible of the landscape. Along the way, the guide will describe the history of the railroad, which was completed in 1855 to accommodate the increasing gold-rush traffic and then rebuilt in the early 20th century. Once you cross the country and arrive in Panama City on the Pacific Ocean, you will be treated to a close-up look at the canal's system of locks. Completed in 1914, the Panama Canal is an engineering marvel that is exciting to watch in action as enormous vessels pass through the locks. You will pause at the Gatun locks, where the first concrete was laid in 1909.

- Ride a vintage train across Panama, from the Caribbean side to the Pacific Ocean side.
- Settle into a dome car bathed in natural sunlight from the side and ceiling windows.
- Hear the history of the Panama Canal and how the railway was expanded to service it.
- Enjoy views of the rainforest on the way to the canal's famed Gatun locks.
- Have an opportunity to watch massive vessels pass through the locks.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 1½ hours of moderate walking and standing. It is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the train and coach, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Sighting ships or wildlife is not guaranteed. The order of the train and coach travel may be reversed. A snack box is available on the train.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

25

CLN-006 KAYAKING & AGUA CLARA LOCKS



Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$156.00

Date: November 23, 2021 09:00 AM

Kayak through the wildlife-rich waters of Gatun Lake with the option of climbing an observation tower to watch the Gatun locks in the Panama Canal operate. Workers created the lake by building a large earthen wall to hold back the waters of the Chagres River during the construction of the canal. Although several villages had to be abandoned when the water rose, the resulting lake was a boon for the flora and fauna. As you will see firsthand while kayaking, the lake's biodiversity is remarkable. You may hear howler monkeys screeching in the surrounding jungle and might even see them gazing down at you from the tree branches. Panama's national bird, the harpy eagle, is also commonly spotted around the lake. Following your kayaking adventure, you can climb to the top of an observation tower, if you are so inclined. It offers a great vantage point to watch ships pass through the Gatun locks.

- Paddle a kayak through the serene, glassy waters of Gatun Lake.
- Look for wildlife as you kayak, especially birds such as the harpy eagle.
- Climb an observation tower to watch ships pass through Panama Canal's Gatun locks.
- Discover how the Gatun locks function and accommodate enormous ships.
- Dress in weather-appropriate clothing.
- Bring a sun hat, sunglasses and sunscreen.
- Wear flat comfortable walking shoes with non-slip soles.

This tour is considered strenuous and is not available to wheelchair guests or to those with mobility concerns. Guests should evaluate their ability and stamina before joining the tour. Wildlife sightings are not guaranteed. The order of the activities or sights seen may vary and times are approximate.

❖ CARTAGENA, COLOMBIA

CTG-002 CARTAGENA & NAVY MUSEUM

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: November 24, 2021 11:30 AM

Visit a centuries-old monastery atop the highest point in Cartagena and a museum with a collection of remarkable pre-Columbian gold artifacts. From a distance, the hill that La Popa monastery perches on resembles the stern of a galleon. Upon closer inspection, you will find that monks still live in the 17th-century monastery, which is rather modest other than its ornate gold-foil altar. You will pause atop another hill for photos of San Felipe Castle, the largest Spanish fortress in the New World, before descending into the Old City. Highlights here include viewing the encased remains of Saint Peter Claver in his namesake church and stopping in leafy Bolivar Plaza. A regal statue of Simon Bolivar on horseback overlooks the plaza and the Gold Museum, where you will browse exhibits of pre-Columbian gold jewelry and distinctive ceramics. You may also discover how the ancient Zenú people build a sophisticated system of channels to control flooding and irrigate crops.

- Take in the panorama from the monastery atop Cartagena's highest hill.
- Reflect in the serenity as the monks go about their daily lives.
- Snap photos of the "super fortress" built to defend Cartagena in the 17th century.
- Browse a museum displaying extraordinary pre-Columbian gold jewelry and ceramics.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

La Popa Monastery is closed for tourism activities or visitors and has been replaced by the Inquisition Palace/Historic Museum of Cartagena. The Gold Museum is closed for tourism activities or visitors and has been replaced by the Navy Museum with a folkloric show.

CTG-006 CARTAGENA AND THE PALACE OF INQUISITION

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: November 24, 2021 11:30 AM

Your tour starts with a drive to the San Felipe Fortress for a photo stop, the largest Spanish fort in the New World. This fortress defended the city from several attacks, and withstood a bloody assault from British Admiral Vernon. From here, you will continue on to the Old City, which offers lovely views of the ocean. Walk to the Historic Museum of Cartagena for an inside visit. Enjoy an inside visit of the Navy Museum with a Folkloric Show following with a walking tour around Old City's narrow streets and squares. An inside visit will be made to the Saint Peter Claver Church and Cloister, built in homage to the protector of slaves. You will view the remains of Saint Peter Claver, which are encased upon the High Altar. A brief stop will then be made under the huge trees in the cloister's courtyard to see the well used by Saint Peter Claver to baptize tens of thousands of black slaves. Following your visit, walk back to your coach for the return drive to the pier.

- Snap photos of the "super fortress" built to defend Cartagena in the 17th century.
- Browse instruments of torture used during the Spanish Inquisition.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

La Popa Monastery is closed for tourism activities or visitors and has been replaced by the Inquisition Palace/Historic Museum of Cartagena. The Gold Museum is closed for tourism activities or visitors and has been replaced by the Navy Museum with a folkloric show.

CTG-008 CARTAGENA HOP ON HOP OFF & OLD TOWN WALKING TOI

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$99.00

Date: November 24, 2021 11:30 AM, 11:45 AM, 12:00 PM

Ride a double-decker bus through Cartagena, hopping on and off at the destinations that interest you the most and stay at them as long as you like. Your exploration will begin at the clock tower at the main entrance to the historical, walled city. After hopping on a bus, you can then decide where you wish to hop off, using the provided 3-D city map as a guide. The buses operate throughout the day and make continuous loops around Cartagena's must-see attractions. You might choose to stop at San Felipe Castle, one of the series of fortresses that earned Cartagena recognition as a UNESCO World Heritage site. History buffs will also find the Rafael Nunez Museum intriguing, as it was the home of Colombia's president in 1880s. Other stops include the Bocagrande beaches, the emerald shops at Pierino Gallo Plaza and the naval base. A guided walking tour of the Old City is another option.

- Hop on double-decker buses bound for the attractions you find most intriguing.
- Hop off the buses wherever you please and linger as long as you wish.
- Remain on a bus while it makes a 2½-hour loop through the city, if you want.
- See a diversity of landmarks ranging from a 17th-century fort to a popular beach.
- Join a guided walking tour of Cartagena as an option.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking is at the guests' discretion during optional stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the bus, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. The open-top upper decks of the buses are not air-conditioned. The tour's duration will vary based upon the guests' choice of stops and the time spent at each. The entire loop without stops takes about 2 ½ hours.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

27

CTG-001 CARTAGENA SHOPPING AND HISTORICAL HIGHLIGHTS

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: November 24, 2021 11:45 AM

See the massive fortress and stone walls built in the 17th century to defend Cartagena from pirate attacks and then enjoy a leisurely jaunt shopping. Your exploration begins with a photo stop at San Felipe Castle, a sprawling often-expanded fortress that took 208 years to complete. Its walls are miles long and feature additional fortifications at every point and narrow stretch. You will see the walls from a different perspective when standing in Pierino Gallo Plaza near the beautiful waterfront. Your shopping spree will begin here and then continue in Las Bovedas, a former military barracks, prison and collection of dungeons that have been converted into a shopping arcade. Antiques and handicrafts are among the most sought-after items. You will also have time to visit the Hotel Santa Clara, which was a nunnery in a former life.

- Snap photos of the “super fortress” built to defend Cartagena in the 17th century.
- Gain a historical understanding of the fortress and its miles of stone walls.
- Browse the shops in lovely Pierino Gallo Plaza and in Las Bovedas, a former dungeon.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



CTG-005 CARTAGENA FORTRESS AND OLD CITY

Duration: 3.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: November 24, 2021 11:45 AM

Explore Cartagena's architectural beauty and intriguing history through landmarks that played key roles in its founding. Your first stop will be San Felipe Castle, a sprawling fortress that took 208 years to complete because it was repeatedly expanded. Miles of defensive walls surround the fortress, whose construction was begun following Sir Francis Drake's devastating attack on Cartagena. Later, at the Saint Peter Claver Church and Cloister, you will see the well where Claver baptized tens of thousands of slaves. His remains are encased under the church's high altar. You will also have the opportunity to meander through a plaza that pays homage to the revered Simon Bolivar and the nearby Inquisition Palace, where prisoners were held and tortured until the Spanish Inquisition ended in 1834. There will still be time to shop for jewelry, leather goods and handicrafts at the boutiques around the more modern Pierino Gallo Plaza.

- Explore the massive fortress built to protect Cartagena after Sir Francis Drake's attack.
- See the well where sainted priest Peter Claver baptized tens of thousands of slaves.
- Peruse the interior of the Saint Peter Claver Church, where the priest's remains lie.
- Meander about the beautiful plaza dedicated to Simon Bolivar, who liberated Colombia.
- Shop for exquisite emeralds, jewelry and handicrafts at Pierino Gallo Plaza.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



CTG-003 OLD CARTAGENA WALKING TOUR

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: November 24, 2021 12:00 PM

Stroll through Cartagena's atmospheric Old City, admiring the colonial architecture as you follow a route from one historical plaza to another. This enlightening tour begins with a photo stop at hilltop San Felipe Castle, the largest Spanish fortress in the New World, which will afford you a panoramic view of the city's oldest quarter. Once you descend into the walled downtown, you will walk through a series of plazas that commemorate key events. Simon Bolivar is honored for liberating Latin America from Spanish rule in his namesake square, and Santa Domingo Square is named for the city's oldest church, which has dominated it since 1539. Triangular-shaped Coches Square marks an inglorious period in Cartagena's history, as it once served as a slave market. As you walk along, the guide will explain the significance of the plazas, giving you great insight into Cartagena's history.

- Admire Cartagena from a hilltop fortress that offers a wonderful panoramic view.
- Meander through the walled oldest section of Cartagena.
- Walk from plaza to plaza while discovering the significance of each one.
- See landmarks ranging from the city's oldest church to a statue of Simon Bolivar.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves a substantial amount of walking and is only recommended for guests in good physical condition. Pregnant women, guests with back or neck problems, guests with respiratory conditions, those with limited mobility and guests who utilize a wheelchair will not be permitted to participate.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

28

CTG-007 SCENES OF CARTAGENA

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$104.00



Date: November 24, 2021 12:00 PM

Enjoy a leisurely driving tour through Cartagena, taking in landmarks that will provide a wonderful overview of this romantic, walled city. After driving through the affluent Manga neighborhood, you will pause for photos at San Felipe Castle, an impregnable fortress built in the mid-1600s. Evidence of other defensive measures that protected the city from pirates still remains, including thick walls studded with cannons. As you drive along the meandering streets, the guide will point out the wonderful mix of Spanish-style and colonial architecture. There is the lovely Adolfo Mejia Theater, which was built in 1911 to celebrate 100 years of Colombian independence, the landmark clock tower at the former entrance to Cartagena, and the glorious Old City filled with churches, monasteries and palaces. You will also see the more modern side of Cartagena in districts such as Bocagrande and Castillo Grande, where you will pause for photos. This area is known for its exquisite shops and restaurants.

- Admire the spectacular vistas from San Felipe Castle, a sprawling 17th-century fortress.
- See the thick fortified walls built to protect Cartagena from pirates.
- Pass landmark churches and palaces while the guide describes them.
- Discover the more modern areas of Cartagena, where you might shop later.
- Pass through Getsemani, the neighborhood where former slaves eventually settled.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is optional at the photo stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate casual clothing; sunglasses; and flat, comfortable walking shoes are recommended.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

29

❖ ORANJESTAD, ARUBA

AUA-002 SCENES OF ARUBA

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$195.00

Date: November 26, 2021 08:30 AM

Take in the highlights of Aruba, ranging from manmade landmarks to attractions that the force of nature has shaped. A brief but panoramic drive along resort-rimmed Eagle Beach will bring you to the California Lighthouse. The island's oldest lighthouse, it offers unparalleled 360-degree vistas of Aruba's northwestern tip. The lighthouse isn't named for the state of California, but rather for a British ship that sank off Aruba in 1891, before a lighthouse was built here. Alto Vista Chapel is another architectural highlight, as it marks the spot where Spanish missionaries are said to have converted the island's indigenous people into Christians in 1560. Continuing on to Baby Natural Bridge, you will view the remains of a coral bridge that spanned a finger of the sea until the relentless pounding surf caused it to collapse in 2005. The bridge demonstrates the unpredictable force of nature, as do the Casibari Rock formations, a cluster of massive boulders that were created when nearby tectonic plates shifted.

- Visit the island's oldest lighthouse, a soaring beacon that offers stunning vistas.
- See a historical seaside chapel built on the site of the first Catholic church in Aruba.
- Behold the remains of a natural coral bridge that the erosive force of nature leveled.
- Marvel at the oddly shaped rock formations that shifting tectonic plates created.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, mainly at the guests' discretion. The tour has limited wheelchair availability and wheelchair guests must have a collapsible wheelchair, be able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Some venues charge to use the restrooms. Filming or photographing while at Alto Vista Chapel is prohibited.

AUA-005 ARUBA SIGHTSEEING & OSTRICH FARM

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: November 26, 2021 08:30 AM

Gain an appreciation for Aruba's remarkable diversity by visiting some of the island's traditional attractions and more unusual ones such as an ostrich farm. As far as manmade sites, few are more striking than the soaring California Lighthouse. Aruba's oldest lighthouse, the beacon is named to honor a ship that sank here in 1891, before the island constructed its first lighthouse. Continuing on, the terrain will become much more arid, an ideal landscape for cacti, Aruba's signature divi-divi trees, iguanas and wild goats. The jumble of massive boulders known as the Casibari Rock formations rise out of this desert-like environment and are well worth closer inspection. Ostriches also thrive here, as you will discover at a farm that breeds these flightless birds, which are the world's largest. Finally, you will pause for photos of the Baby Natural Bridge, a coral rock formation that spanned a finger of the sea until it collapsed in 2005

- Visit the island's oldest lighthouse, a soaring beacon that offers stunning vistas.
- Travel through a desert-like landscape full of divi-divi trees shaped by tradewinds.
- Visit a farm that breeds ostriches and emus.
- Marvel at the oddly shaped Casibari Rock formations that shifting tectonic plates created.
- Behold the remains of a natural coral bridge that the erosive force of nature leveled.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, mainly at the guests' discretion. The tour has limited wheelchair availability and wheelchair guests must have a collapsible wheelchair, be able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Feeding the ostriches is permitted, but please use caution when doing so. Remove jewelry and sunglasses before feeding the birds. Some venues charge to use the restrooms.

AUA-011 SEE & SEA ISLAND DISCOVERY

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: November 26, 2021 08:30 AM

Behold the wonders underwater in an air-conditioned semi-submarine and then see some of Aruba's most alluring landmarks by driving around the picturesque island. A short ferry ride will bring you to the semi-submarine, which allows you to sit five feet below the waterline. That way, you can view the colorful marine life swimming about the coral reefs without getting wet. You will also pass the Antilla, a German ship that was scuttled shortly after Germany invaded the Netherlands in 1940. Back on shore, you will take in the spectacular scenery from the California Lighthouse and see natural wonders such as the Baby Natural Bridge and the Casibari Rock formations, which shifting tectonic plates created long ago. You will also pass the ruins of a 19th-century gold smelter on the island's rugged northern coast. It was built shortly after gold was discovered on Aruba in 1824.

- View the wonders underwater through the windows of a semi-submarine.
- Stay completely dry while observing marine life and a ship sunk during World War II.
- Drive around Aruba, taking in landmarks such as the California Lighthouse.
- See natural wonders ashore, including the oddly shaped formations at Casibari Rock.
- Learn how gold was extracted from ore at the ruins of a 19th-century gold smelter.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with rubber soles.

This tour includes limited walking, mainly at the guests' discretion during the stops and afterwards in town. It is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour, as participants must be able to make their own way into and out of the ferry vessel. There is also an 11-step steep ladder to negotiate to enter and exit the submarine. The minimum height requirement to participate is 36 inches. Children must be at least 4 years of age and accompanied by an adult parent or guardian. The ferry vessel and submarine may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

30

AUA-012 ARUBA'S NATURAL WONDERS

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: November 26, 2021 08:45 AM

Discover the natural side of Aruba at attractions that highlight the island's beautiful flora and fauna. You will first set off for The Butterfly Farm, a tropical garden teeming with colorful butterflies. Besides viewing the beautiful creatures as they flit about, you will learn all sorts of fascinating facts about butterflies, including how they use camouflage to protect themselves from predators. Continuing on, you will pass some of the island's iconic divi-divi trees, which act as natural compasses, as the constant trade winds force them to grow southwest. Later, you will visit the Aruba Aloe Museum and Factory and discover how the succulent aloe has been grown on the island since 1890 and is now processed for cosmetics. You will also see the ruins of the Baby Natural Bridge, a coral arch that spanned a finger of the sea until it collapsed in 2005.

- Watch a variety of colorful butterflies flitting about a tropical garden.
- See Aruba's iconic divi-divi trees, a species only found in Aruba, Bonaire and Curaçao.
- Browse the Aruba Aloe Museum and Factory and learn the benefits of the succulent plant.
- View the remains of a natural coral arch that collapsed from the pounding surf.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 90 minutes of walking. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour.

AUA-006 ARUBA SAILING & SNORKELING

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: November 26, 2021 09:00 AM

Take off on a snorkeling cruise that gives you the chance to marvel at the beauty of Aruba's coastline and the wonders of Aruba's underwater world. After sailing along the island's western shore, you will stop at Boca Catalina, a sugar-white beach with a spectacular reef not far from shore. It is an excellent spot for snorkeling, as the water is typically crystal-clear and only about 15 feet deep. You can expect to observe a variety of colorful tropical fish, including blue parrotfish, which usually gather here in huge numbers. You will next snorkel the wreck of the Antilla, a German ship that was scuttled here shortly after Germany invaded the Netherlands in 1940. The 400-foot ship is lying on its side and over the decades has become a spectacular artificial reef teeming with marine life.

- Cruise through the turquoise waters of Aruba to two snorkeling sites.
- Snorkel a coral reef teeming with colorful marine life off Boca Catalina.
- Observe the diverse marine life as you snorkel over a ship that sank here in 1940.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour requires a moderate amount of activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 12 and children under 18 must be accompanied by an adult parent or guardian. The order of sites visited may vary and other snorkeling spots may be substituted depending on the sea conditions.

AUA-007 ARUBA DISCOVER SCUBA DIVING

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: November 26, 2021 09:00 AM

Scuba dive a shallow wreck on Aruba's western shore, a site that is typically teeming with marine life. You don't have to be a certified diver to explore the underwater wonders because participants will first take an introductory Discover Scuba® Diving session in a swimming pool. During class, you will learn the basics of diving and the equipment so you can comfortably descend to a depth of 25 feet or so under the watchful eye of an instructor. You will spend about a half hour exploring the site of the SS Pedernales, an oil tanker that the Germans torpedoed in World War II. Not only is the ship interesting, but also the abundant marine life that typically darts in and out of the wreckage, such as sergeant majors and parrotfish. You might also spot an octopus or two before surfacing.

- Take a hands-on class in a swimming pool that will prepare even novices to scuba dive.
- Dive the wreck of a tanker sunk in World War II that rests in about 25 feet of water.
- Know that a dive instructor will be with you at all times.
- Behold the parade of colorful fish that gather around the shallow wreck.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour requires a significant amount of activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. The maximum weight allowance is 350 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

31

AUA-008 ARUBA TWO-TANK CERTIFIED DIVE

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: November 26, 2021 09:00 AM

Dive two separate ships sunk during World War II that have become artificial reefs inhabited by countless tropical fish. As you will be underwater about 40 minutes at each site, divers must be certified. The first site will be the Antilla, a German ship that was scuttled shortly after Germany invaded the Netherlands in 1940. The captain sunk the newly new ship on purpose rather than surrendering it to the Dutch marines on Aruba. The 400-foot ship is lying on its side in about 60 feet of water and is teeming with marine life. The wreck of the SS Pedernalis is the second dive site, and it is equally spectacular. The Germans torpedoed the oil tanker in World War II, but much of it is still intact at a depth of about 25 feet. You will be able to see sections of cabins and the pipe line system, all of it home to a plethora of marine creatures.

- Dive two ships sunk in World War II.
- Learn the circumstances of how the ships sunk.
- Spend about 40 minutes underwater at each dive site.
- Behold the tropical marine life at the ships, which are thriving artificial reefs.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves significant activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. Divers must present a certification card. The maximum weight allowance is 350 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.

AUA-003 SEA TREK AT DE PALM ISLAND

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00



Date: November 26, 2021 10:00 AM

Walk along the ocean floor wearing a helmet with its own air supply that allows you to experience the wonders underwater as if you were diving. The specially designed Sea Trek helmet keeps your face and head dry, so you can see clearly as you walk along at depths up to 25 feet below the surface. No experience is necessary. In fact, you don't even need to know how to swim to enjoy the sights that lie just offshore De Palm Island. You can expect to see countless brightly colored fish such as peacock flounders, yellowtail snapper and rainbow parrotfish. There is even a sunken airplane and an underwater café, where you can sit for a picture. Back on the island, you will enjoy the serenity of the beach and a buffet lunch that features an abundance of fresh tropical dishes and fruits.

- Take a scenic ferry ride across Spanish Lagoon to a private island.
- Wear a special helmet that allows you to walk on the ocean floor at depths up to 25 feet.
- Breathe easily, as oxygen is supplied directly to the helmet through a tube from the boat.
- Watch the ever-changing spectacle of marine life swimming by.
- Relax on the beach and savor a buffet lunch after your Sea Trek adventure.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves moderate activity and participants should be in good physical condition. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 8 years of age and children under 18 must be accompanied by an adult parent or guardian. Lockers are available for rent. For safety, using personal underwater cameras is not permitted.

AUA-004 DE PALM ISLAND SNORKELING

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00



Date: November 26, 2021 10:00 AM

Enjoy a leisurely day on exclusive De Palm Island, where snorkeling in the crystal-clear waters is only one of the pleasures. A short but scenic ferry ride across Spanish Lagoon will take you to De Palm Island, a tropical paradise known for its serene pocket beaches, exciting waterpark and extraordinary snorkeling. After an orientation that will prepare you for the wonders that lie just below the water's surface, you will begin snorkeling in waist-high water or deeper, if you choose. While there is no telling what marine life will come into view, chances are, you will see blue parrotfish, as they are abundant in these waters. When you are finished snorkeling, the rest of the island will be yours to explore. You might zip down the slides in the waterpark, settle into a comfortable lounge chair, bask in the sun and dine on tropical cuisine at the complimentary buffet.

- Take a scenic ferry ride across Spanish Lagoon to a private island.
- Snorkel the island's crystalline waters that are teeming with tropical fish.
- Enjoy the island's other amenities, including a waterpark, zipline and watersports.
- Savor the tropical cuisine at the complimentary lunch buffet.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves moderate activity and participants should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 8 years of age and children under 18 must be accompanied by an adult parent or guardian. Lockers are available for rent.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

32

AUA-009 SNUBA AT DEPALM ISLAND

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: November 26, 2021 10:00 AM

Behold the colorful underwater world off De Palm Island by learning to SNUBA, a cross between snorkeling and scuba diving. SNUBA has all sorts of advantages because you won't be burdened with a cumbersome air tank and dive certification isn't necessary. Simply put on a mask, ease into the water and start breathing through a regulator connected to an air supply on the surface that follows wherever you go. SNUBA allows you to stay underwater for an extended time, so you can really observe the spectacular marine life up close. Following the SNUBA adventure, you will enjoy bountiful amenities ashore such as a complimentary lunch. De Palm Island offers plenty of other attractions, as well, including a waterpark, pristine stretches of sand and a zip line, if you are feeling particularly ambitious.

- SNUBA just off the coast of De Palm Island.
- Explore to a depth of 20 feet while breathing through an air tube connected to the surface.
- Marvel at the bountiful marine life that includes colorful fish and sea turtles.
- Enjoy the amenities of De Palm Island following the SNUBA adventure.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

After finishing with SNUBA you can use the activities on De palm Island or just relax on your complimentary beach chair or enjoy the lunch buffet.

AUA-010 ATLANTIS SUBMARINE ADVENTURE

Duration: 1.75 Hrs Tour Price: CA\$130.00

Retail Price: CA\$326.00

Date: November 26, 2021 10:00 AM

Experience the spectacular underwater world off Aruba from the comfort of an Atlantis submarine capable of descending to a depth of 120 feet. After settling into the vessel, which is one of a fleet of the world's largest passenger submarines, you will begin the descent in air-conditioned comfort. The deeper the submarine ventures, the more marine life you can expect to view through the large porthole windows. Chances are, you will observe brilliant blue parrotfish, a striped species of damselfish known as sergeant majors and graceful sea turtles. You might also catch sight of several manmade objects that have become artificial reefs such as a sunken airplane and the remains of a shipwreck. The submarine presents you with views rarely seen except by deep diving.

- Explore the ocean depths in air-conditioned comfort.
- View the ever-changing scenery through the submarine's large porthole windows.
- See a variety of marine life and a sunken ship and airplane.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with rubber soles.

This tour includes limited walking. It is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour, as participants must be able to make their own way into and out of the ferry vessel. There is also an 11-step steep ladder to negotiate to enter and exit the submarine. To experience color changes at various depths, guests may choose to wear clothes with red or fluorescent colors. The minimum height requirement to participate in the tour is 36 inches and children must be at least 4 years of age and accompanied by an adult parent or guardian. The ferry vessel and submarine may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

33

❖ WILLEMSTAD, CURACAO

CUR-002 DISCOVER CURACAO'S BEAUTIFUL BEACHES

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: November 27, 2021 08:30 AM, 01:30 PM

Get a first-hand sense of Curaçao's beautiful beaches by spending some play and lounge time at two of the island's finest. First up after a drive through gorgeous countryside – in an open-air vehicle that makes for even prettier sightseeing – is pristine Daaibooi Beach. This naturally beautiful cove offers powdery sand and gin-clear turquoise waters, surrounded by rocky cliffs. You'll have about an hour to sunbathe, stroll or swim/snorkel here before it's time to hop back aboard the transport for the 20-minute jaunt to today's second strand, Cas Abou Beach. This idyllic stretch of white shoreline, tucked behind the gates of a former plantation, is dotted with swaying palms, parasols and thatched gazebos. The gentle waters and near-in reefs are paradise for swimming and exploring by snorkel. A bar with island favorites for purchase is available for your sipping pleasure during the hour-or-so we're scheduled to spend at Cas Abou before returning to the pier.

- Discover two of Curaçao's most lovely beaches, remote Daaibooi and genteel Cas Abou,
- Spend about an hour at each – sunbathing, swimming, or dabbling in water activities.
- Travel to the day's destinations via open-air vehicle, ideal for seeing gorgeous terrain en route.
- Cold water and lime juice are complimentary; snack bars and restrooms are available at both beaches.
- Suggested attire: swimwear and a cover-up with beach towel.
- Flat, comfortable, waterproof shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this excursion is mainly at guests' discretion; keep in mind there are sandy surfaces to negotiate. This tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. Slight currents can occur, could be windy and sometimes there are waves. Beaches can be rocky at some places, which can make entering the sea more difficult, so water shoes are recommended. Participation in water activities is at your own risk and you may be required to sign a waiver in order to come on this tour. The order of sights viewed or visited may vary.

CUR-009 BEACH HOP TURTLE SNORKEL ADVENTURE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Date: November 27, 2021 08:30 AM, 01:30 PM

Snorkel off two beaches on the western shore of Curaçao that known for their crystal-clear waters and abundant marine life. The seas off tiny Playa Piskádo are teeming with so many fish that chances are you will spot numerous fishing boats in the distance. Once you start snorkeling there, you will see firsthand the wonders that lie beneath the surface. Besides the schools of brightly colored fish, these waters provide an ideal habitat for loggerhead, hawksbill and green sea turtles. It's a thrill when one slowly glides by, its flippers gracefully moving back and forth. You will also snorkel at Cas Abao Beach, which lies closer to Willemstad. In addition to the multitude of tropical fish that inhabit its reefs, Cas Abao attracts stingrays, eagle rays and occasional dolphin. While pausing for photos at the nearby salt pans, you will likely spot flamingoes feasting on algae, crustaceans and small fish, which make up the majority of their diet.

- Observe the abundant sea life while snorkeling off two beaches along the western shore.
- Look for brightly colored fish, graceful sea turtles and various species of rays.
- Watch flamingoes feasting in the shallow waters of the salt pans.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour requires a moderate amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested. Slight currents can occur, could be windy and sometimes there are waves. Beach can be rocky (dead coral) which can make entering the sea a bit more difficult. Transfers can either be in open beach bus or air-conditioned coach, based on availability. Shower, beach chair and drink included in stop at Cas Abao Beach, no facilities at Playa Grandi.

CUR-010 CURACAO CITY & VIP BEACH DAY

Duration: 4.50 Hrs **Tour Price:** CA\$195.00



Date: November 27, 2021 08:30 AM

Spend hours relaxing at a beachside resort in a private VIP area reserved just for your group. On the way there, you will learn a bit about Willemstad, the island's Dutch-influenced capital. But the day is really all about doing whatever you please at the beach. You might stretch out on the complimentary beach lounge and do nothing more ambitious than lie in the sun. Shade is readily available if you prefer that sort of setting. The water is typically clear and calm, which are ideal conditions for a refreshing swim in the sea. Feel free to walk along the beach at your leisure and look for shells or simply enjoy the views. An open bar and light snack are included, and the offerings can be served while you relax on the beach lounge, if you wish. If you're interested in other attractions, you will find boutiques and restaurants within easy walking distance.

- Relax on a beautiful white-sand beach in a special VIP area.
- Swim in the sea, stretch out on the beach and do most anything else you please.
- Enjoy use of a complimentary beach lounge.
- Take advantage of the open bar and light snack that are included.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Wear flat comfortable walking shoes.

Not recommended for guests with walking difficulties.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

34

CUR-003 SCENIC COUNTRY DRIVE

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$78.00

Date: November 27, 2021 09:00 AM, 01:00 PM

This wide-ranging coach tour will introduce you to some of Curaçao's diverse natural wonders and cultural landmarks. Heading out from Willemstad, watch the cityscape give way to scenic countryside, with occasional plantation homes dotting the landscape. Your initial destination is Boka Tabla, a north shore national park famous for the thundering waves that crash into its coastline. Over the centuries, they've carved deep caves and blowholes into the rock. At nearby West Point and Playa Forti on the isle's western tip, you'll stop for postcard-quality sea cliff views. A visit to Tula Museum provides perspective on what life was like for Africans living on the island during and after the slavery era. Many locals consider Knip Beach the Island's most lovely; you'll soon understand why when you see its clear azure water, sweeping sand and high cliffs. Then get ready to see pink at the Jan Kok salt flats, where you'll be on the lookout for a flamingo colony that makes its home on this briny expanse of terrain. A photo stop here often yields eye-catching results.

- Settle back for a diverse rolling survey of natural and historic highlights all around Curaçao.
- Visit Boka Tabla, a national park where large, unpredictable waves crash against an underground cave.
- Learn about the Africans once enslaved on Curaçao as you visit a museum devoted to their history.
- See Curaçao's arguably most-beautiful beach and spot a flock of flamingos wading across a salt flat.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 45 minutes of easy-to-moderate walking; there are steps to negotiate at some of the stops. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sights viewed or visited may vary.

CUR-006 TROLLEY TRAIN THROUGH HISTORY

Duration: 1.75 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00 

Date: November 27, 2021 12:15 PM, 01:30 PM

Hop aboard a brightly colored trolley for a comprehensive narrated ride through the UNESCO World Heritage-listed Willemstad historic district. Some of the many highlights include the landmark Queen Emma pontoon bridge and floating fish and vegetable market; the Bolo di Bruit "wedding cake house" in the Scharloo district; an inside stop at impressive Pietermaai Cathedral; the cultural gathering place at Queen Wilhelmina Park and the impressive fort and barracks at Waterfort Arches. When the trolley arrives at Fort Amsterdam, look for a cannonball embedded in its wall as evidence of the need to guard this strategic harbor entrance from enemy ships back in the 1600s. An enjoyable way to get a maximum Curaçao overview in a minimum of shore time, the Trolley Train stops frequently for photos and landmark inspections. Entertaining narration along the route provides anecdotes and intriguing facts about this Dutch island's long and picturesque history.

- Roll through the streets of UNESCO-listed Willemstad historic district by comfortable trolley train.
- Enjoy the open views and spirited onboard narration as you learn about the landmarks you're seeing.
- Stop frequently for photos and inside inspections of select sights like Pietermaai Cathedral.
- Wind up with a solid overview of the city without using too much precious shore time.
- At the tour's end, transfer back to the ship or remain in town to explore some more on your own.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. For those who remain in town, the cruise pier is just a short walk from downtown or you may opt to taxi back at your own expense.

CUR-001 CURACAO HIGHLIGHTS

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$78.00

Date: November 27, 2021 01:00 PM, 02:00 PM

Get familiar with Curaçao on this wide-ranging overview that includes visits to a handicraft market and maritime museum, even an island liqueur sampling. Traveling Willemstad by comfortable coach, you'll wind through the charming Otrobanda and its artsy older sister district across St. Anna Bay, known as Punda. Both have colorful landmarks to see, but perhaps most impressive of all is the ride across lofty span that connects them: Queen Juliana Bridge soars a spectacular 185 feet above the water. Over at the other end of town, the Jan Thiel district offers its own dramatic water views plus Curaçao's handicraft market, where you'll have some time to browse among stalls offering palm-fiber bags, woven baskets, ceramic items and intricate lacework. At another point, you'll stop to tour Curaçao Maritime Museum, where over 500 years of Arawak Amerindian, Dutch and Spanish seafaring history are brought together under one roof. And stopping at the Dutch colonial mansion of Chobolobo, you can taste-test the famous island liqueur that's still made from indigenous Laraha oranges peels using a time-tested 1886 recipe.

- Enjoy a scenic roiling cruise through Willemstad neighborhoods like Otrobanda, Punda and Jan Thiel.
- See the city's most colorful sights, including a jaw-dropping view from atop Queen Juliana Bridge.
- Tour a maritime museum where exhibits of nautical charts, ship models and navigation equipment cover 500 years of Caribbean seafaring history.
- Shop for everything from rustic palm-fiber bags to delicate lacework at the island handicrafts market.
- Visit a historic distillery known as Chobolobo and sip a sample of its renowned orange liqueur.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy-to-moderate walking and standing; some is over rough coral stone and there are 32 steps to negotiate at the Museum. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The order of sights viewed or visited may vary. Guests must be at least 18 to participate in alcohol tasting.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

35

CUR-007 SEA & SEE ISLAND DISCOVERY

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: November 27, 2021 01:00 PM

Discover Curaçao's diverse delights on this tour that showcases the best of Willemstad, both on land and below sea level. The adventure begins with a drive through town to rendezvous with the Seaworld Explorer. This state-of-the-art semi-submarine remains above sea level at all times, while her passengers sit comfortably at private windows in a viewing hull submerged 5 feet below the water's surface. The breathtaking undersea views will leave you in awe. Colorful reef fish are attracted right up to the sub's windows thanks to an accompanying diver armed with their favorite food; you'll likely spot yellowtail snapper, parrotfish, sergeant majors and others. After returning to dry land, you'll reboard the coach and head across the Queen Juliana Bridge, arching 185 feet over St. Anna Bay to offer amazing panoramic views of the city and harbor. Your destination is Chobolobo distillery, housed in a Dutch colonial country estate, for a guided tour and sampling of the famous sweet Curaçao liqueur made here from the peel of bitter oranges brought to the island by Spaniards centuries ago.

- Take an air-conditioned window seat in a modern semi-submarine that offers spectacular undersea views while remaining above sea level at all times.
- See and photograph colorful fish life right outside your window as a diver swims alongside the semi-sub with food they can't resist.
- Enjoy a drive across the Queen Juliana Bridge, with jaw-dropping views of the city and its harbor.
- Visit a historic distillery known as Chobolobo and sip a sample of its trademark orange liqueur.
- At the tour's end, transfer back to the ship or remain in town to explore more on your own.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. There are 4 steep steps to negotiate when entering and exiting the submarine. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. For those who remain in town, the cruise pier is just a short walk from downtown or you may opt to taxi back at your own expense.

CUR-011 DUTCH-CARIBBEAN WINE & CHEESE TASTING

Duration: 3.00 Hrs Tour Price: CA\$130.00

Date: November 27, 2021 02:00 PM

Enjoy a selection of wine and cocktails thoughtfully paired with Dutch cheeses in the historic section of Willemstad, a UNESCO World Heritage site acclaimed for its colonial architecture and European-style layout. The guide will point out landmarks along the way and elaborate on their historical significance. At the first venue, you will be served three wines, each with its own characteristics. The wines will be chosen to complement the selection of hors d'oeuvres, which will likely include well-known favorites such as Edam and Gouda. You may also taste Geitenkaas, a Dutch cheese typically made with skimmed milk from goats, and Maasdammer, a creamy cheese made from cow's milk. The latter has holes much like Swiss cheese. At the second historical venue, you will sample a favorite local cocktail rather than wine. You can expect to be served a different selection of cheeses, as well, which will enhance your appreciation for Dutch-influenced products.

- Enjoy an enlightening tour through Willemstad, a UNESCO World Heritage site.
- Sample wines and a cocktail paired with hors d'oeuvres, such as Dutch cheeses.
- Discover a bit about the historical venues that have been chosen for the tastings.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not recommended for guests with walking difficulties or wheelchairs. As the stops are all at historical venues with stairs, it is not very accessible. Venues subject to change. Participants must be at least 21 years of age to consume alcohol.

CUR-008 SEAWORLD EXPLORER SEMI-SUB

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: November 27, 2021 02:30 PM

This unique tour offers an enthralling face-to-face encounter with Curaçao's fantastic underwater world – without getting your feet wet. The adventure begins as soon as you step aboard the Seaworld Explorer. This state-of-the-art semi-submarine remains above sea level at all times, while her passengers sit comfortably at private windows in a viewing hull submerged 5 feet below the water's surface. The breathtaking undersea views will leave you in awe. Colorful reef fish are attracted right up the sub's windows for your viewing and photographing pleasure, courtesy of an accompanying diver armed with their favorite food. During the UW tour, you'll see many varieties of coral and likely spot yellowtail snapper, parrotfish, sergeant majors and other marine species native to these waters. You'll also gain fascinating knowledge of what you're viewing as you listen to the informative narration provided. After about fifty minutes navigating the waters surrounding Curaçao, you'll return to shore and be transported directly back to the cruise pier.

- Take an air-conditioned window seat in a modern semi-submarine that offers awesome undersea views while remaining above sea level at all times.
- See and photograph colorful fish life right outside your window as a diver swims alongside the semi-sub with food they can't resist.
- Spend nearly an hour touring the reefs and waters surrounding Curaçao.
- Gain knowledge of the marine environment you're viewing via informative onboard narration.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. There are 4 steep steps to negotiate when entering and exiting the submarine. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

36

❖ ST. GEORGE'S, GRENADA

GND-002 ADVENTURE JEEP TOUR

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$221.00

Date: November 29, 2021 01:30 PM

Ride through Grenada's gorgeous interior in an open-air 4x4 vehicle, stopping on occasion for photos and to soak in the natural hot springs. The route will be immensely scenic, as you pass through verdant rainforest, charming villages and aromatic nutmeg plantations. Not far from Grenville on the eastern shore, you will take a leisurely walk through tropical woods to serene Claboney Sulphur Pond, which is typically waist deep. The nutrient-rich natural hot springs is said to be therapeutic, even to the point of having a positive effect on the aging process. Whether that's true or not, you can still expect to be wonderfully relaxed after a nice long soak. Then, returning to the 4x4 vehicle, you will continue driving to Grand Etang Crater Lake in the mountainous island interior. You may spot towering mahogany trees, bright splashes of flowers, and indigenous birds such as the broad-winged hawk, known locally as the gree-gree.

- Drive around Grenada in a 4x4 Jeep, pausing every so often to take in the natural beauty.
- Enjoy a meandering walk through rainforest to a mineral-rich pond said to be therapeutic.
- Soak in the pond's thermal waters, an experience that will leave you wonderfully relaxed.
- Pause for photos on one of Grenada's highest points for a panoramic view of the interior.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour involves approximately 15-20 minutes of hiking, at times over rough and uneven natural terrain. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or to guests with back problems. Participants must sign a liability waiver. Guests taking part in water activities do so at their own risk and responsibility. Guests must be at least 18 years old to consume alcohol. This is not a self-driven tour.

GND-003 CLEAR BOTTOM KAYAKING

Duration: 3.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$169.00

Date: November 29, 2021 01:30 PM, 03:30 PM

Paddle a kayak with a clear bottom over a coral reef teeming with colorful marine life. Upon arriving at Grand Mal Bay, you will ease into a two-person kayak with a clear bottom that presents an unobstructed view of the natural wonders below. It will offer all the advantages of snorkeling but without having to change clothes or get wet. It won't take long to paddle out to the reef, a natural habitat for an abundance of marine species. It will be a never-ending, always-changing spectacle and there is no telling what you may see through the kayak's bottom. You may spot yellowtail snapper, spotted drums and horse-eyed jacks, a prized game fish that puts up a good fight. In time, you will kayak to Molinere Point, the site of an underwater sculpture park. The collection includes dozens of life-size figures standing on the bottom of the sea. Local artists created the sculptures, which reflect Grenada's history and culture. After approximately 75-minutes, you will return to the Sunset View Restaurant where you will have a chance to relax with a refreshing swim in the calm bay and a complimentary drink from the bar (rum punch, local beer, local fruit juice, soft drink or water).

- Paddle a clear-bottom kayak over a coral reef teeming with marine life.
- Stay dry while observing underwater wonders that snorkelers usually only see.
- View stingrays and barracudas that might otherwise dart off if you were snorkeling.
- Kayak over a sculpture garden that local artisans created on the sea bottom.
- Swim at a beach after kayaking.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes

This tour involves approximately 1½ hours of kayaking, which may be strenuous at times. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or persons with asthma, heart conditions or back problems. Guests taking part in water activities do so at their own risk and responsibility. Participants must sign a liability waiver. Guests must be at least 18 years old to consume alcohol.

GND-004 DISCOVER GRENADA

Duration: 7.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$234.00



Date: November 29, 2021 01:30 PM

Enjoy a remarkably comprehensive driving tour of Grenada that will leave you with a clear understanding of the island's charms. Just east of Saint George's, you will find the 18th-century Fort Frederick, which is named the "backward-facing fort" because its cannons point inland. The views will be spectacular, as will be the ones of Grand Etang, a cobalt-blue lake in the crater of an extinct volcano. Grenada is also known for its premium rum, which you will taste at River Antoine Estate before dining at historical Belmont Estate. More memorable scenery awaits you at Carib's Leap, where dozens of indigenous Caribs jumped into the sea rather than surrender to the French in the mid-1600s. Continuing on, you will pass the island's largest fishing village, tour Dougaldston Spice Estate and finally see the bays where U.S. forces landed in 1983 during the invasion to protect American nationals from Grenada's Marxist regime, which was soon overthrown.

- Spend an enlightening day driving to Grenada's signature destinations and attractions.
- Tour an 18th-century fort and dine at an estate from the same time period.
- Gaze down on an impossibly blue lake that filled the crater of an extinct volcano.
- See the spot where Caribs jumped to their death rather than surrender to the French.
- Pass through one quaint village after another, including the island's largest fishing village.
- View the bays where U.S. forces landed during the 1983 invasion of Grenada.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves approximately 3½ hours of moderate walking and standing. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

37

GND-006 MOUNTAIN RAINFOREST, GRAND ETANG & ANNANDALE

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$143.00

Date: November 29, 2021 01:30 PM

Admire the stunning natural beauty of Grenada at a crystal-clear mountain lake and a gently cascading waterfall, and then discover how spices are processed on the island. Along the way, you will pass through several seaside villages while the guide points out attractions such as Beausejour Bay, which played a role in the 1983 U.S. invasion of Grenada. Upon reaching centuries-old Douglaston Spice Estate, you will discover traditional methods of preparing spices. You might watch mace being removed from nutmeg or cinnamon sticks being rolled from a tree's inner bark. Grenada is a leading producer of spices and is even nicknamed the Spice Island. Then, it's on to the interior mountains and Grand Etang Lake, which an extinct volcano formed long ago. The water is typically cobalt blue and lush vegetation grows right to the shoreline. During your visit, you will have time to for a refreshing drink at the Park's Visitors' Center. Not far away, you will find beautiful Annandale Falls. It too is edged by native flora, especially hanging ferns and tropical flowers.

- Watch spices being prepared and packaged at a historical estate.
- Gain an understanding of why Grenada is known as the Spice Island.
- View the bays where U.S. forces landed during the 1983 invasion of Grenada.
- Gaze down on an impossibly blue lake that filled the crater of an extinct volcano.
- Behold glorious Annandale Falls and the hanging ferns that surround it.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately one hour of moderate walking with a steep uphill to negotiate at Annandale. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.

GND-001 THE SPICE OF OUR LIVES

Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$143.00

Date: November 29, 2021 02:00 PM

Delve into the history and production of some of Grenada's most characteristic products, including spices and herbs, followed by a tasting of the island's distinctive rum. Your first stop will be a family-owned business that manufactures nutmeg products. Expect to be surprised by the variety of merchandise made with this one signature ingredient, including jam, hot sauce and rum punch. You will become further immersed in spices at nearby Laura Spice Gardens, which grows common spices such as cinnamon and more unusual ones such as tonka beans, which are often substituted for vanilla in recipes. Continuing on to Westerhall Estate, you will learn how cocoa and sugarcane was processed in the late 1800s. Today, the attention has turned to rum, and you will have the opportunity to sample several of its finest. The estate's rums run the gamut from dark to light and vintage to white, usually served neat in a chilled shot glass.

- Visit a nutmeg manufacturer and marvel at the abundance of products made with the spice.
- Learn about unusual spices and herbs grown throughout Grenada, the Spice Island.
- Sample several premium rums made with local sugarcane at a distillery.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves approximately one hour of easy walking. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.

GND-007 SUNNYSIDE GARDENS

Duration: 2.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$143.00

Date: November 29, 2021 02:00 PM, 04:15 PM

Meander through verdant Sunnyside Garden, a botanical oasis on a hill overlooking Saint George's. The brief drive will also be delightful, as you will follow the coastal road around the harbor, pass through Sendall Tunnel and pause at an overlook to take in the panoramic views. Upon reaching Sunnyside Garden, you will stroll the winding paths through exotic foliage punctuated by a riot of color from plants such as hibiscus and African tulips. Depending on where you walk, you may see stout bottle palms, epiphytic staghorn ferns and blooming achiote, more familiarly known as the lipstick tree for its bright-red seeds that are used to make cosmetics. You might also notice the scent of spices and citrus wafting through the air, an aroma that will greatly enhance the experience. Following your guided tour, you will be served a refreshment of rum punch or local juices in house before your transfer back to the ship.

- Enjoy a brief but picturesque drive to a botanical garden overlooking Saint George's.
- Admire the sweeping views of Grenada's natural beauty from the hilltop garden.
- Stroll the garden paths, passing rare exotic plants, many of which will be in bloom.
- Savor the serenity and the wonderfully pungent fragrances wafting through the air.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately 1½ hours of easy walking and standing. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

38

GND-005 MT. GAZO HIKE & SWIM

Duration: 3.75 Hrs Tour Price: CA\$0.00

Retail Price: CA\$143.00



Date: November 29, 2021 02:30 PM

Hike through a pristine rainforest on the outskirts of Saint George's as a prelude to spending free time on one of Grenada's most beautiful beaches. A picturesque drive along the city's Carenage inlet and through the historical town will bring you to Morne Gazo, the island's only remaining rainforest. This pristine landscape serves as an important watershed area and a wildlife reserve. It is a spectacular setting for your brisk hike up to the top of a conical hill that rises to 1,140 feet above sea level. From this elevated vantage point, you will enjoy a nearly 360°-view of landmarks such as Point Salines, Grand Etang National Park and seaside La Sagesse. Upon descending, you will drive to Grand Anse Beach, a silky stretch of sand that is nearly two miles long. You will spend a relaxing hour or so at the beach, doing whatever you please.

- Follow a scenic route to the only remaining rainforest on Grenada.
- Hike to the highest point in the rainforest and view one of the island's finest panoramas.
- Spend free time at your leisure at Grand Anse Beach.
- Dress in weather-appropriate clothing.
- Bring swimwear and a towel, if you wish to swim.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately 1¼ hours of hiking, which at times is strenuous and over rough and uneven natural terrain. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or to persons with heart conditions, asthma or back problems. Participants should be in good physical condition and must sign a liability waiver. Changing facilities are available at the beach. Guests taking part in water activities do so at their own risk and responsibility. Guests must be at least 18 years old to consume alcohol.

❖ CASTRIES, ST. LUCIA

STL-015 SKY CANOPY & AERIAL TRAM

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$261.00

Date: November 30, 2021 09:00 AM, 09:30 AM, 11:00 AM

Ride an aerial tram high into the rainforest canopy and then descend by zip line, an exhilarating way to soar through the trees like a bird. Even the drive to the eco-park will be scenic, as you will pass through traditional inland communities such as Babonneau and Fond Assau. Once you arrive, the naturalist guide will assist you on a trial run on the zip line cable. Then, off you will go on an aerial tram that will take you to the top of the zip line. It is all downhill from here—literally. In all, you will race through the treetops along 10 zip line cables, each offering a unique thrill and different perspective of the rainforest. As you effortlessly glide down, you will be treated to outstanding views of the sea and the northern half of the island.

- Glide through the rainforest canopy comfortably seated in an aerial tram's gondola.
- Take in the spectacular views of the St. Lucian countryside on the way up.
- Race down through the rainforest on a zip line, stopping between runs to observe nature.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 12 years old and weigh no more than 300 pounds. Guests are required to sign a waiver in order to participate.

STL-014 RAINFOREST AERIAL TRAM

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$234.00

Date: November 30, 2021 10:00 AM, 10:30 AM, 12:00 PM

Ride through and above the rainforest on an aerial tram that presents a 360° bird's-eye view of the island's natural beauty. The tram takes off in the heights of the old-growth rainforest and soars even higher, well into the tree canopy in certain areas and even above the trees elsewhere. Along the way, the guide will point out the highlights and provide enlightening commentary about the flora and fauna. The rainforest is one of the few places on the island where you will find the endemic St. Lucia parrot, which is known locally as the jacquot. You might also spot a number of grommier trees, whose wood the Carib Indians originally used for hand-carved dugout canoes. If you see bursts of color in the dense foliage, chances are, it will be flowers such as lavender stars and white lace.

- Glide through the rainforest canopy comfortably seated in an aerial tram gondola.
- Listen to enlightening descriptions of the flora and fauna living in the rainforest.
- Look for the endemic St. Lucia parrot, the country's national bird.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

A restaurant and a snack bar are available for dining on your own. Guests are required to sign a waiver in order to participate.

STL-001 LAND AND SEA TO SOUFRIERE

Duration: 6.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$195.00



Date: November 30, 2021 10:30 AM

Enjoy a panoramic tour of Castries before heading south to see more highlights in Soufriere, a colonial town in the shadow of the island's iconic Pitons. As you drive through the capital of St. Lucia, you will pass landmarks such as Castries' beautifully ornate central library and bustling Derek Walcott Square, named for the St. Lucian-born poet and playwright that won the Nobel Prize in 1992. You will then follow a winding coastal road through fishing villages and past banana plantations on the way to Soufriere. Your first stop will be the Diamond Botanical Gardens, a peaceful retreat that occupies an idyllic spot on the site of a therapeutic spring bath built in 1784 for the troops of King Louis XVI. The grounds are still restorative. You will also visit Morne Coubaril, the island's oldest French Creole estate, where you will enjoy a buffet lunch before cruising back to Castries on a catamaran.

- See Castries' highlights, including a square named for St. Lucia's Nobel Prize winner.
- Pause atop the former military post Morne Fortune and take in the views of Castries.
- Marvel at the spectacular coastal scenery on the way to Soufriere.
- Meander through a wonderfully serene botanical garden.
- Savor a buffet lunch of Caribbean classics at the island's oldest French Creole estate.
- Return to Castries on a catamaran, pausing along the way for a refreshing swim.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes about 2½ hours of moderate walking, at times over uneven, gravel and dirt surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour, as there is a significant amount of physical activity. Guests participating in water activities do so at their own risk and responsibility. Maximum weight suggestion is 250 pounds. The order of sites viewed or visited may vary. Menu items are subject to change.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

40

STL-003 4X4 BEACH SAFARI

Duration: 4.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$195.00**

Date: November 30, 2021 10:30 AM

Take off from Castries in a 4x4 vehicle, enjoying the ride as the driver/guide drives through the countryside while providing entertaining commentary along the way. Although you will see some of the highlights in St. Lucia's capital city, the best view may be from just outside the city limits, atop Morne Fortune. From this former military outpost that once boasted two forts, you will gaze out over the Castries and the turquoise seas beyond. You will then head inland, following a rugged route through traditional villages such as Ti-Rocher, Destrameaux and Balata. In time, you will arrive at one of the most spectacular beaches on the island's eastern shore. With no schedule to follow, you can relax however you see fit. Don't miss the opportunity to swim though, as the waters here are absolutely gorgeous.

- Ride in a 4x4 vehicle through some of the most remote and scenic areas of St. Lucia.
- Take in the sweeping view of Castries and its harbor from the Morne Fortune hilltop.
- Drive off road through the lush jungle and through several inland villages.
- Relax on one of the most idyllic beaches on St. Lucia's eastern coast.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This is not a self-driving tour; a driver is provided. Beach chairs are not included in this tour, but are available for rental.

STL-005 SNORKEL AT MARINE PARK

Duration: 3.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$169.00**

Date: November 30, 2021 10:30 AM

Cruise along St. Lucia's beautiful northwestern coast to Marine Park, an extraordinary site for snorkeling. Although the trip there will be magnificently scenic, few sights compare to the park's underwater wonders. The labyrinth of shallow reefs and coral heads provide habitats for all sorts of brightly colored tropical fish including French grunts, goatfish, jacks and snappers. You may also spot sea urchins, starfish and occasional octopuses tucked away in the rocks and crevices. Flying gurnards are especially fascinating, as these bottom dwellers typically expand their fins like wings to scare off predators. You won't have to snorkel the entire time, as you can always rest aboard the boat or relax on the beach. As you make your way back, refreshments will be served on board.

- Cruise to a marine park that is absolutely teeming with tropical fish.
- Snorkel along the shallow reefs and coral heads, looking for marine life other than fish.
- Relax onboard or swim over to the beach, if you prefer not to snorkel the whole time.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Participants must be competent swimmers and sign a liability waiver. Those taking part in water activities do so at their own risk and responsibility. This tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Snorkeling equipment is available on board.

STL-007 ISLAND SPLENDOR

Duration: 3.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$169.00**

Date: November 30, 2021 10:30 AM

Settle in for a rambling drive through the countryside that presents the island's natural beauty and architectural charms. It won't take long to reach La Toc Battery, a 19th-century fort built to protect St. Lucia's vital coal stations. It is an intriguing site with many of its tunnels, shell lifts and ventilation shafts still intact. Driving on, you will enter a bucolic landscape of banana plantations tucked between undulating hills before passing through the rustic village of Anse La Raye. Continuing on, you will soon arrive at Marigot Bay, a tranquil blue lagoon that the surrounding hills shelter, making it an ideal natural yacht harbor. On the return to Castries, you will pause for snacks and a beverage at St. Marks, a grand colonial-era house that overlooks the harbor.

- Enjoy a panoramic drive through the most scenic areas on St. Lucia's western shore.
- Explore the remains of the 19th-century fort La Toc Battery.
- Marvel at the sweeping seaside views that capture the splendor of St. Lucia.
- Snack on Caribbean treats at a beautiful colonial house overlooking Castries' harbor.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There are steps at La Toc Battery and St. Marks. Menu items are subject to change. Guests must be able to get on & off the buses and there are 5 steps leading up to St. Mark's and approximately 10 steps at La Toc Battery.

STL-008 THE TREE TOP ADVENTURE

Duration: 4.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$195.00**

Date: November 30, 2021 10:30 AM

Race through a rainforest canopy on an exhilarating zip line while admiring the tropical countryside from a unique vantage point high above the forest floor. Upon arriving at Errard Estate in the heart of the lush rainforest, you will receive a brief orientation on zip lining to maximize the experience. Then, the real fun will begin. The zip line features nine wooden platforms in the trees, all at different heights. During stops, the guides will prepare you for the next thrilling leg of the journey and describe the most fascinating sights along the way. If you are interested in the vegetation that you are zip lining through, the guides will be happy to describe the rainforest flora in detail. At the end of the zip line adventure, you will follow a nature trail back to the welcome center for a refreshing drink.

- Tear through the tree canopy while safely harnessed on a zip line.
- Observe the gorgeous surrounding landscape from high above the forest floor.
- Listen to commentary from the guides, while pausing on the platforms between zip lines.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

This tour is not available to wheelchair guests, those with mobility concerns, pregnant women or guests with heart problems, asthma, epilepsy, or recent back or neck injuries. No one under the influence of alcohol or drugs may participate. Participants must weigh no more than 250 pounds, be no taller than 6'2" or older than 70. Participants may have to sign a liability waiver.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

41

STL-009 A PANORAMIC VIEW OF ST. LUCIA

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: November 30, 2021 10:30 AM

Admire the striking natural beauty of St. Lucia on a meandering panoramic ride with occasional stops at the most scenic viewpoints. From atop Morne Fortune, you will enjoy a sweeping view of Castries. Ironically, Morne Fortune means "hill of good luck," but it was the site of numerous horrific battles between French and English troops. Another stop will be made at Caribelle Batik, where you will watch artists creating one-of-a-kind fashions using hot wax and colorful dyes. Still, it is the scenic beauty of St. Lucia that captures so many hearts, as you will discover firsthand from the overlook at La Guerre, which was once the island's largest banana plantation. Later, while meandering through the gardens at Stony Hill with the estate's owners, you will hear about the joys of living in the tropics.

- Enjoy some of the island's most picturesque views from hilltop lookouts.
- Discover the intriguing history behind the sites that you visit.
- Tour an estate with its owners, as they describe life on St. Lucia.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking and steps; however, the sites are not wheelchair accessible and therefore the tour is not considered suitable for wheelchair guests.

STL-011 SNUBA ADVENTURE AT PIGEON ISLAND

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: November 30, 2021 10:30 AM

Explore the colorful marine life off Pigeon Island by learning to SNUBA, an exceptionally fun recreational watersport that is a cross between scuba and snorkeling. Unlike traditional diving, in SNUBA the air supply floats on the water's surface, and you simply breathe through the long tube that connects it to you. Upon entering the water, you will be free to swim along at whatever depth is comfortable and observe the abundant marine life. The coral reefs here are teeming with flounder, blue tangs, parrotfish, spiny lobsters, arrow crabs and plenty more. After your SNUBA adventure, you may explore the island on your own. In the 18th century, the British built Fort Rodney on one of Pigeon Island's twin peaks, and some of the buildings, defensive walls and cannons still remain. If it is a clear day, you may see Martinique to the north. The park has a small restaurant on site where beverages and snacks are available for purchase.

- Learn to SNUBA and observe the underwater wonders off Pigeon Island.
- See a huge variety of neon-colored tropical fish and perhaps a sea turtle or two.
- Explore 40-acre Pigeon Island and the ruins of Fort Rodney on your own.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Walking on this tour is mainly at the guests' discretion. Surfaces at Pigeon Island are sand, dirt, grass and gravel. The water activity is considered moderate. The tour is not available to wheelchair guests or those with mobility concerns. A weight belt, mask, snorkel, fins and breathing apparatus are provided. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by an adult parent or guardian. Guests participating in water activities do so at their own risk and responsibility. Sighting marine life is not guaranteed. Guests are required to sign a waiver.

STL-012 SEA TREK ADVENTURE HELMET DIVING

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$182.00

Date: November 30, 2021 10:30 AM

Walk along the ocean floor wearing no equipment other than a diving helmet for an up-close view of the marine life darting about the coral reefs. After a brief introduction to helmet diving, you will be ready to explore the crystal-clear waters surrounding the island. Helmet diving is easy to learn. Just slip the helmet comfortably over your head so it rests on your shoulders. Air is supplied to the helmet through a tube connected to an air tank on the water's surface that follows wherever you walk. There isn't an air regulator or mouthpiece, so you can breathe just like you normally do. You can even wear prescription glasses or contact lenses because your head will not get wet while helmet diving. You can expect to observe flounder, blue tangs, arrow crabs and perhaps a sea turtle or two. Following the helmet-diving adventure, you can wander about Pigeon Island on your own. The park has a small restaurant on site where beverages and snacks are available for purchase.

- Walk along the ocean floor, breathing through a helmet with its own air supply.
- Never even get your head wet the entire time that you are underwater.
- See a huge variety of neon-colored tropical fish and perhaps a sea turtle or two.
- Explore 40-acre Pigeon Island and the ruins of Fort Rodney on your own.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Walking on this tour is mainly at the guests' discretion. Surfaces at Pigeon Island are sand, dirt, grass and gravel. The water activity is considered moderate and swimming skills are not required. The tour is not available to wheelchair guests or those with mobility concerns. A pair of Crocs and the diving helmet are provided. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by an adult parent or guardian. Guests participating in water activities do so at their own risk and responsibility. Sighting marine life is not guaranteed. Guests are required to sign a waiver & sea trekking is from the beach.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

42

STL-013 St. Lucia Trolley Train

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$65.00



Date: November 30, 2021 10:30 AM, 12:30 PM, 02:30 PM

Ride the Hibiscus Trolley Train through Castries as the guide regales you with entertaining stories of the capital city's history and architectural highlights. Although the exact route will depend on the traffic conditions, you can expect to pass the bustling craft market, beautiful colonial government buildings and Derek Walcott Square, named for the St. Lucian-born poet and playwright that won the Nobel Prize in 1992. The highlight will be visiting the Cathedral of the Immaculate Conception, the largest church in the Caribbean when it was completed in 1897. Be sure to look above the altar, where you will see a representation of St. Lucia, the island's patron saint. She died in 304 A.D., the victim of Christian persecution during the reign of Roman emperor Diocletian. Following the city tour, you will enjoy a bit of free time at the beach where you can enjoy a complimentary rum or fruit punch.

- See the highlights in Castries from the comfort of an open-air trolley train.
- Hear about notable local figures such as Derek Walcott, a Nobel Prize-winner in 1992.
- Visit the cathedral that was the largest of its kind when completed in 1897.
- Relax at the beach toward the end of the sightseeing tour.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Sun chairs and umbrellas are not included at the beach. Transfer times may vary due to traffic conditions. Bathing suits can't be worn in the church.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

43

BRIDGETOWN, BARBADOS

BGI-001 BEST OF BARBADOS

Duration: 4.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 01, 2021 08:45 AM, 12:45 PM

Visit an array of representative attractions that present the island's natural beauty, history and culture in enlightening ways. Few places are quite so serene as Orchid World, where you will meander winding garden paths that lead to countless orchids and more than a thousand other Caribbean plants. You may see hummingbirds flitting about from blossom to blossom, exotic dendrobiums and oddly shaped succulents. Continuing on to the parish of St. George, you will find Gun Hill Station, one of a series of signal stations that was once manned to warn of approaching enemy ships. From this elevated vantage point, you will be treated to spectacular views of the sea and beyond. For a different historical perspective, you will browse Sunbury Plantation House, a magnificent 17th-century residence decorated with period furnishings. Although many of the original pieces were lost in a fire, the furniture in the planter's office belonged to the sugar plantation's first owners.

- Stroll through Orchid World, whose namesake flowers only touch on the garden's flora.
- Admire the lengthy views from atop Gun Hill Station, one of the island's highest points.
- Browse a 17th-century sugar plantation that presents a glimpse into the past.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Camouflage clothing is not permitted in Barbados.

BGI-009 BARBADOS PHOTO ADVENTURE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 01, 2021 08:45 AM

Shoot some of the island's most picturesque locations with leading Barbadian photographer Ronnie Carrington on this Artists' Loft limited-participation outing. As you travel around Barbados, Ronnie will share his personal experiences of growing up in Barbados, how he became a photographer and tips on how to enhance your photography skills. Once outside Bridgetown, you will drive past acres of sugar cane and through photogenic rural villages with brightly painted rum shops and chattel houses. The mountainous Scotland District is another area well worth photographing, especially from the perspectives that Ronnie will recommend. Continuing on to the island's east coast, you will then shoot Bathsheba, a quaint fishing village where the surf relentlessly pounds the giant coral boulders and creates whirlpools of foaming surf. Afterwards, you will accompany Ronnie to the Atlantis Hotel in Tent Bay for refreshments. It is yet another setting with excellent photo opportunities.

- Accompany a leading local photographer to his favorite most photogenic locations.
- Shoot photos of visually stunning areas ranging from the mountains to the coast.
- Use tips from the photographer to enhance your photos.
- Enjoy a drink at an oceanfront hotel and then take pictures of the setting.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, mainly at the guests' discretion during stops. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns. Camouflage clothing is prohibited.

BGI-002 BEACH BREAK

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 01, 2021 09:00 AM, 01:00 PM

Spend a day relaxing on one of the premier beaches in Barbados, a lovely stretch of sand that rims Carlisle Bay in the southwestern part of the island. Your time at the Harbor Lights beach facility will be completely at your leisure, allowing you to enjoy the tropical setting as you please. You might bask in the sun on the soft powdery sand, take a refreshing swim, walk along the coast as the waves gently lap the shore, and relax in the shade of a coconut palm while gazing out at the sea. If you rent snorkeling equipment, chances are, you will spot one of the shipwrecks just offshore, sea turtles and schools of brightly colored fish. You might also dine on your own at one of the beachside restaurants and shop at the kiosks, where the local Barbadians typically sell jewelry made with sea glass and coral.

- Enjoy hours of free time at a spectacular beach just outside Bridgetown.
- Bask in the sun, swim in the sea and do most anything else that pleases you.
- Rent snorkeling gear and observe the underwater wonders just off shore.
- Dine on your own and shop at the beachfront facilities.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.
- Bring a towel and swimsuit.

This tour is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of ability and stamina before joining the tour. Guests taking part in water activities do so at their own risk and responsibility. A complimentary welcome drink, beach chair, shared umbrella and use of the showers and restroom facilities are included.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

44

BGI-003 DISCOVER BARBADOS

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 01, 2021 09:15 AM

Take in the scenic diversity of Barbados on a panoramic driving tour through the bucolic countryside and along the beautiful coastline. As soon as you leave Bridgetown, the landscape will become much more agricultural with sugar cane being the dominant crop. The Dutch introduced sugar cane to Barbados in 1624 for export and rum production, and the crop is still grown but no longer in enormous quantities. The views will be spectacular in a different way as you drive along the coast, passing luxury resorts and long stretches of remote beach. You will find one of the best views from St. John's Parish Church, a Gothic-style building constructed in 1836. Other versions of the church have stood on this site since 1645, but hurricanes and fires have destroyed them. More magnificent vistas await you from the hilltop Highland Centre, where you will linger over a cool drink while admiring views of Barbados' eastern shore.

- Drive through the gorgeous countryside and along the coast, taking in the views.
- Listen to commentary about the history of Barbados and its early plantation life.
- Pause for photos at a historical church that offers extraordinary views.
- Gaze out over Barbados' eastern shore while enjoying a drink.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There is uneven terrain at Bathsheba. There is a little walking involved in this tour but no stairs. This tour does not accommodate wheelchairs or walkers.

BGI-005 4X4 SAFARI ADVENTURE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: December 01, 2021 09:30 AM, 12:45 PM

Drive into the countryside in a luxury 4x4 Land Rover that allows easy access to the more secluded areas of Barbados. You will follow the guide in a caravan of vehicles, first stopping in the parish of St. George, where you will see Gun Hill Signal Station. It is one of a series of signal stations that was once manned to warn of approaching enemy ships. The lion statue out front was carved from a single piece of stone in 1868. You will then venture into a rainforest and follow a path lined with cabbage palms, mahoganies and bearded fig trees. Upon reaching the fishing village of Bathsheba, you will pause to drink in the coastal views, which are quite different than the vistas you will take in at Cattlewash Beach. The landscape will change once again on the return to Bridgetown, as you will drive along the western coast, passing one five-star resort after another. A basket of wine, crackers, dip and fruit will be enjoyed at a chosen location.

- Drive into the more remote areas of Barbados in the comfort of a 4x4 Land Rover.
- Pass historical attractions such as Gun Hill Station, where the views are spectacular.
- Follow a path through a dense rainforest and look for wildlife.
- See several coastal areas, some secluded, others lined with upscale resorts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns, recent back or neck injuries, or pregnant women. No one under the influence of alcohol or drugs may participate. Camouflage clothing is prohibited. The minimum age to participate is 5 years old. Guests may need to sign a release form before participating.

BGI-007 LUXURY CATAMARAN & SAIL

Duration: 5.50 Hrs Tour Price: CA\$195.00

Retail Price: CA\$391.00



Date: December 01, 2021 09:45 AM

Relax aboard a catamaran and cruise along Barbados' beautiful Platinum Coast, a highly affluent area on the western shore. The catamaran is so comfortable you might do nothing more than enjoy the luxurious setting and gorgeous views. It will be your choice. However, if you wish to explore the wonders underwater, you will have that opportunity once the catamaran anchors in a secluded cove. The island's Platinum Coast isn't just affluent, there is also a wealth of marine life just off shore. Snorkelers can expect to see schools of brightly colored tropical fish and perhaps even hawksbill sea turtles, which frequent the area because there are abundant sandy nesting sites within reach. If you spot one with a heart-shaped carapace, it is a young hawksbill turtle, as the shell elongates with age. On the return to Bridgetown, you will enjoy a delicious barbecue buffet with wine.

- Sail on a luxurious catamaran along the island's magnificent Platinum Coast.
- Anchor in a secluded cove and enjoy the onboard comforts.
- Take a refreshing swim in the turquoise sea.
- Snorkel in waters teeming with marine life, including hawksbill turtles.
- Enjoy a barbecue buffet on the return cruise to Bridgetown.
- Dress in weather-appropriate clothing with swimwear under a cover-up.
- Wear flat comfortable walking shoes.

This tour includes limited walking. Those who wish to snorkel or swim should be good swimmers and in good physical condition. The tour is not available to wheelchair guests or those with mobility concerns and is not recommended for those who suffer from motion sickness. Guests who participate in water activities do so at their own risk and responsibility. Alcoholic beverages will only be served to those who are 21 years of age or older and only after water activities have concluded. Marine life sightings are not guaranteed. The tour may be altered depending on weather conditions.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

45

BGI-011 ATLANTIS SUBMARINE ADVENTURE

Duration: 2.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: December 01, 2021 09:45 AM, 01:45 PM



Enjoy incredible underwater views at depths up to 150 feet from the comfort of the Atlantis III submarine. A scenic ferry ride will take you to the submarine, where you will settle in for an adventurous journey into areas that only scuba divers usually see. The submarine's co-pilot will provide narration throughout the cruise and point out the most fascinating marine life. You can expect to view an ever-changing, nonstop parade of tropical fish darting in and out of the coral reefs and gracefully swimming by the submarine. Brightly colored queen angelfish, honeycomb cowfish, glasseye snappers and black durgons are commonly spotted. You might even catch sight of southern stingrays, moray eels and hawksbill turtles. You will also cruise past a shipwreck that adds yet another dimension to the experience.

- Ride a ferry along the coast to the awaiting submarine Atlantis III.
- Settle into a seat in front of a large viewing port in the air-conditioned submarine.
- Observe an endless array of marine life as the submarine dives to depths of up to 150 feet.
- Look for large white-spotted eagle rays and hawksbill turtles gracefully swimming by.
- Listen to the co-pilot explain some of the marine creatures' most unusual behavior.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, but guests must be able to negotiate an 11-step ladder to enter and exit the submarine and use the gangways without assistance. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The minimum height requirement is three feet tall, and the minimum age to participate is four years of age, if accompanied by a parent or adult guardian. This tour may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

46

❖ ROSEAU, DOMINICA

DOM-001 DOMINICA'S FAVORITES

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: December 02, 2021 08:30 AM

Travel to the most popular, must-see attractions in and around Roseau for a remarkably comprehensive look into island life. The journey begins with a scenic drive up Morne Bruce to take in the spectacular views from the lookout, which is named for an 18th-century engineer who designed forts on Dominica. At the botanical garden at the bottom of the hill, you will see exotic trees and imperial amazons, a parrot endemic to the island. More natural beauty awaits you at the twin waterfalls near the village of Trafalgar and later within Trois Pitons, the first national park on Dominica. The park has earned UNESCO World Heritage recognition for its smoking fumaroles, hot springs, volcanoes and extraordinary biodiversity. You will follow a naturalist guide on a short hike through the park's rainforest, which will end at the Emerald Pool. A narrow, 40-foot-high waterfall plunges into the pool, making the jungle scenery all the more spectacular.

- Enjoy a magnificent view of Roseau from a 400-foot-high lookout.
- See firsthand why Dominica is called the Nature Isle of the Caribbean.
- Stroll through a botanical garden that is home to parrots only found on Dominica.
- Behold waterfalls cascading over steep cliffs in the dense rainforest.
- Hike through Dominica's first national park, a rugged land of volcanoes and hot springs.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



DOM-002 RIVER TUBING AND EMERALD POOL

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: December 02, 2021 08:30 AM

Swim in a crystal-clear pool beneath a waterfall and then enjoy an exhilarating river tubing adventure. It won't take long to reach Morne Trois Pitons National Park, a luxuriant tropical forest with precipitous slopes, hot springs, fumaroles that belch volcanic gases and several volcanoes. These geological features are rarely found together, which is why the park has been designated a UNESCO World Heritage site. A short hike through the park will bring you to the shimmering Emerald Pool and the waterfall that forms it. It's an idyllic setting, where you may swim or simply relax along the shore. Afterwards, you will tube down the beautiful Layou River, which has carved a steep gorge through the jungle. You can expect an adrenaline-pumping ride as you maneuver through the rapids, down cascades and into swirling pools, all under the watchful eye and direction of an experienced river guide.

- Drive to Dominica's first national park, a rugged land of volcanoes and hot springs.
- Hike a natural trail through the rainforest and on to the Emerald Pool.
- Swim in the waterfall-fed pool or just relax and enjoy the blissful setting.
- Tube down the Layou River, which snakes through the rainforest.
- Follow the guide's direction and expertly ride the river rapids for the ultimate thrill.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear sneakers or water shoes.

Participants must be able to swim. It is suggested you wear a swimsuit under clothing. The condition of the river will determine the tour operation.



DOM-004 WHALE AND DOLPHIN SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$208.00



Date: December 02, 2021 08:45 AM

Gain a deeper understanding of the whales and dolphins that inhabit the surrounding seas by cruising on a boat equipped with hydrophones that allow you to hear them communicate. Dominica is one of the best places in the Caribbean for encounters with cetaceans, the family of marine creatures that includes whales, dolphins and porpoises. While cruising the waters off Dominica, you may spot humpback and sperm whales breaching the water's surface and pods of playful dolphins swimming alongside the boat. It will be thrilling to watch these magnificent marine creatures in their natural environment and just as exciting to listen in on their underwater communication through the onboard hydrophones. You may hear large-toothed sperm whales communicating through clicking sounds and hear dolphins "speak" through clicks and whistles. A guide will be on hand to explain this fascinating aspect of cetacean life and answer other questions you may have about whales and dolphins.

- Cruise into the crystalline waters off Dominica to observe whales and dolphins.
- Marvel at the massive size of the whales that breach the water's surface.
- Delight in the antics of the acrobatic dolphins that often swim right next to the boat.
- Hear whales and dolphins communicate through the boat's hydrophones.
- Listen to the naturalist guide explain remarkable aspects of cetacean behavior.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

47

DOM-005 CHAMPAGNE SNORKEL

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$143.00

Date: December 02, 2021 09:00 AM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely boat ride will bring you to the unusual reef, which is named for the champagne-like bubbles that continuously rise around it. As the guide will explain, subterranean geothermal activity causes gas to be released through small vents in the ocean floor here, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see divers in the deeper water, which reaches depths of up to 70 feet.

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



DOM-015 BEST OF THE VOLCANIC SOUTH

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 02, 2021 09:00 AM, 01:00 PM

Explore attractions along the island's southern shore, which include a volcanic complex, several inspiring lookouts and a plantation from the French colonial period. One of the most spectacular views will be from Scotts Head, an elevated finger of land that divides the Caribbean Sea and the Atlantic Ocean. If it is a clear day, you may catch sight of Martinique. You will gain a different outlook at the seaside Morne Plat Pays volcanic complex. Although there hasn't been an eruption since the 13th century, volcanic heat from the complex still radiates up from the sea floor, a phenomenon that the guide will explain in detail. Despite the volcanic threat, one of the island's oldest Roman Catholic churches has stood nearby for centuries, and you will have the opportunity to look at its beautiful interior. For a revealing glimpse into Dominica's past, you will visit Bois Cotlette, an estate built in the 1720s with the island's only windmill.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Browse Dominica's oldest Roman Catholic church near a still-active volcanic complex.
- Visit the island's oldest estate and see what archaeological excavations have unearthed.
- Pause at Morne Bruce lookout for photos and a view of your cruise ship in the distance.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about one hour of easy to moderate walking, plus any additional walking at the guests' discretion during photo stops. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. There aren't handicap-accessible restrooms at Bois Cotlette.

DOM-018 CHOCOLATE EXPERIENCE AT BOIS COTLETTE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 02, 2021 09:00 AM, 01:00 PM

Enjoy an enlightening and interactive immersion into the processing of cacao beans on Dominica's oldest estate and then create your own chocolate candies in the kitchen. This culinary experience takes place at Bois Cotlette, a colonial estate constructed in the early 1720s with the island's only windmill. After settling in, you will see firsthand how the beans are fermented, dried, roasted and ground for products such as cocoa powders, cocoa butter and chocolate. To enhance your appreciation of the versatile cacao bean, tastings will be offered during each step. Then you will create your own chocolate candies in the estate's kitchen. You might infuse them with caramel, top them with sea salt or add flavors such as bacon and pepper. While sampling your concoctions, you can refer to a chocolate flavor wheel to help you express the characteristics of your signature candies. Afterwards, you may explore the grounds, including the Planter's Herb Garden.

- Enjoy a hands-on chocolate-making experience at the island's oldest estate.
- See the unexpected archaeological treasures excavated on the grounds.
- Observe how cacao beans grown on the estate are processed for chocolate products.
- Create your own chocolate candies, infusing them with your favorite flavors.
- Sample the candies you have created and the estate's dark chocolate candies.
- Stroll the estate's manicured grounds and gardens.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some uneven surfaces. Due to accessibility issues, the tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

48

DOM-019 CHAMPAGNE SNORKEL BY LAND

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 09:00 AM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely drive along the coast and through the village of Pointe Michel will bring you to the unusual reef, which lies just offshore. It is named for the champagne-like bubbles that continuously rise around it. Subterranean geothermal activity causes gas to be released through small vents in the ocean floor there, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see hawksbill and green turtles and perhaps divers in the deeper water. The remains of a 17th-century shipwreck, including cannons and chains, lie scattered about the ocean floor.

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.
- Bring towel, swimwear, comfortable clothing.
- Wear water shoes.

This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.

DOM-020 BONGO BATHS THERAPEUTIC HOT POOLS

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 09:00 AM, 10:00 AM, 11:00 AM, 12:00 PM

Ease into a geothermally heated natural pool and reap the benefits of its soothing waters. You will find the hot springs at Bongo Baths in Wotten Waven, an inland village in the heart of a mountain rainforest. Remnant volcanic activity well below the earth's surfaces heats the mineral-rich hot springs, which are wonderfully relaxing to soak in. The detoxifying waters are said to have abundant therapeutic effects, which may include reducing stress, promoting better sleep, boosting blood circulation and naturally relieving pain. The minerals in the water might also alleviate skin problems. Chances are, you will emerge refreshed, rejuvenated and ready to enjoy the remainder of the day in just the right state of mind. Afterwards, you might relax on a shaded bamboo bench, breathe in the fresh mountain air and do nothing more strenuous than listen to the mellifluous sounds of nature from the surrounding jungle.

- Relax in the mineral-rich, geothermally heated hot springs at Bongo Baths.
- Reap the water's therapeutic benefits, which may include stress reduction and pain relief.
- Emerge from the hot springs refreshed and rejuvenated.
- Dress in weather-appropriate clothing and bring towel.
- Wear flat comfortable walking shoes.

It is not advisable for guests to stay in the pools for more than one hour. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.

DOM-007 RIVER TUBING AND TRAFALGAR FALLS

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: December 02, 2021 09:30 AM

Behold the beautiful twin waterfalls near the village of Trafalgar and then tube down the longest river in Dominica. It won't take long to reach Trafalgar Falls, twin waterfalls of varying heights; one is known as the Father Falls, the other is called the Mother Falls. Their source is the Morne Trois Piton River, which flows from the national park of the same name. Your first glimpse of the cascades will be from the top of the waterfalls, after which you will take a delightful walk through ginger plants and vanilla orchids to reach the second lookout. Both viewpoints are spectacular and well worth photographing. The tubing portion of this tour will begin at the Layou River, a waterway that meanders at times and then narrows into bubbling cascades at other points. You can expect the experience to be exhilarating, especially as you run the rapids.

- See the twin Trafalgar Falls from two wonderfully scenic vantage points.
- Learn how tropical storms have altered the falls and exposed warm water pools.
- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

Participants must be able to swim. The condition of the river will determine if the tour operates.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



Go Local Tour



Accessible Tour

Page

49

DOM-023 ROSEAU HIGHLIGHTS BY TROLLEY TRAIN

Duration: 1.50 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 09:30 AM, 11:30 AM, 01:30 PM, 03:30 PM

Ride through Roseau on a trolley train with wheels and pause on occasion at attractions that lend insight into the history of Dominica's capital, which was built on the site of an ancient Kalinago Indian village. Much of the compact downtown features beautifully restored historical architecture such as the landmark Roseau Cathedral. The train's conductor will offer enlightening commentary on the most noteworthy attractions, including the Roseau River, which flows through town before emptying into the Caribbean Sea. French settlers in the 17th century named the town for the Roseaux reeds that once grew along the riverbank. Of all the natural highlights, the Dominica Botanic Gardens may be the most magnificent. Feel free to stretch your legs there by walking the trails that wind through this urban oasis. Chances are, you will observe a variety of indigenous plants as well as Dominica's national bird, the purple-and-green Sisserou parrot.

- Settle into a seat on a trolley train for a leisurely ride through Dominica's capital city.
- Hear enlightening commentary that provides a historical perspective of Roseau.
- Pause for photos at the most noteworthy attractions, including the cathedral.
- Meander through the Dominica Botanical Gardens if you like.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily panoramic in nature with walking at the guest's discretion during stops. Casual clothing and comfortable, flat walking shoes or aqua socks are suggested. Participants cannot exceed 350 lbs.

DOM-022 EASY DOMINICA & RAINFOREST DRIVE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 09:45 AM, 01:30 PM

Behold some of the naturally beautiful attractions that reflect Dominica's nickname, "The Nature Isle of the Caribbean." For the ultimate view of the island's capital city Roseau, you will ascend to the lookout at Morne Bruce, from which you can spot the Dominica Botanic Gardens, your next stop. As you wander through this idyllic natural setting, you will see an array of indigenous plants that may include orchids and bromeliads. You will also likely view the twisted remains of a school bus beneath a massive baobab tree that crushed it during Hurricane David in 1979. The gardens are home to Sisserou parrots, which was named Dominica's national bird as it's the only species of parrot found on the island. While the gardens are manmade, nature shaped Hibiscus Falls, which you can easily reach on a brief walk through the rainforest. There, you will snack on fresh fruits and a cool tropical drink.

- Enjoy a sweeping view of Roseau and the sea beyond from atop the Morne Bruce lookout.
- Walk through the serene Dominica Botanic Gardens, an urban oasis full of native flora.
- Behold easy-to-reach Hibiscus Falls as it cascades over a precipice in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability

DOM-010 RAINFOREST JEEP SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$208.00

Date: December 02, 2021 10:00 AM

Ride through the idyllic countryside in an open 4x4 Jeep that allows for unobstructed views of the island, often ones that few visitors see. It won't take long to pass through historical Roseau and ascend to the lookout at Morne Bruce for a sweeping view of Dominica's capital. You will also make a brief stop at the nearby botanical gardens, where you may see brightly colored Imperial parrots, an endemic species that has been designated the national bird. More natural beauty awaits you deeper in the island's lush interior at Wotten Waven Sulphur Springs. Remnant volcanic activity well below the earth's surfaces heats the mineral-rich hot springs, which are wonderfully soothing to soak in. A bit farther into the rainforest, you will find Titou Gorge, a deep narrow crease in the land that formed when molten lava cooled centuries ago. You will be free to take an exhilarating swim to the waterfall at the end of the gorge or simply relax with a refreshing beverage in hand.

- Drive through the rainforest that blankets Dominica in an open-air 4x4 Jeep.
- Delight in the unobstructed views of the island's natural beauty.
- Stroll through an aromatic botanical garden.
- See steaming, mineral-rich springs heated by geothermal activity.
- Swim through a steep narrow gorge to the base of a picture-perfect waterfall.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear flat comfortable walking shoes.
- Bring a towel and sunscreen.

This tour includes about two hours of moderate walking, most of it over uneven or natural surfaces with a significant number of steps. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Guests do not drive the jeep.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

50

DOM-017 DOMINICA BY LAND & SEA

Duration: 0.00 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 10:00 AM

Behold the natural beauty of volcanically formed Dominica from a coastal lookout and by snorkeling just offshore before visiting the island's oldest estate. Upon reaching Scotts Head, an elevated peninsula that divides the Caribbean Sea and the Atlantic Ocean, you will be treated to outstanding views of the Morne Plat Pays volcanic complex across the bay. Views are just as spectacular below the water's surface, as you will discover while snorkeling at a marine reserve teeming with tropical fish. If you prefer to stay on land and take in the sweeping vistas, chairs will be available. You will next visit Bois Cotlette, an estate built in the 1720s. It boasts the only surviving windmill on the island and has been the subject of intense archaeological work since 2009. The estate is so well preserved, you can easily imagine living here centuries ago.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Snorkel the crystalline waters of a marine reserve or simply enjoy the vistas from land.
- Browse the oldest estate on the island and discover its intriguing history.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel, if you snorkel.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing, plus additional walking at the guests' discretion. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility. There aren't handicap-accessible restrooms at Bois Cotlette.

DOM-014 BOIS COTLETTE ESTATE HERITAGE TOUR - VIP

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$182.00

Date: December 02, 2021 11:00 AM

Tour the early 18th-century plantation Bois Cotlette with a noted anthropologist that will offer a historical and cultural explanation of estate, both past and present. Nestled in a valley within the active Morne Plat Pays volcanic complex, the estate is the best-preserved example of plantation architecture on the island and includes buildings for processing coffee, sugar and cocoa. It has been meticulously restored and has become self-sustaining with regard to food, power and water. Mark Hauser, the anthropologist that has led the excavation of the property for years, will accompany you on an in-depth tour of Bois Cotlette. Two stories will emerge. The first will detail the estate's construction; the second will candidly elaborate on the plantation owners and the slaves that worked at the plantation. By the end of the tour, you will have gained a true glimpse of life in the tropics centuries ago.

- Follow an anthropologist on VIP tour of Dominica's oldest estate.
- Gain an understanding of early 18th-century plantation life in the tropics.
- Study excavated artifacts that reveal daily life for the plantation owners and the slaves.
- See how Bois Cotlette has become self-sustaining once again.
- Enjoy traditional Creole snacks and refreshments.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some gravel and uneven natural surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.

DOM-021 DOMINICA PANORAMIC DRIVE BY OPEN SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00

Date: December 02, 2021 12:30 PM

Settle in for an immensely scenic drive around the southern part of Dominica in an open vehicle that will present the most unobstructed views. You will follow a winding coastal highway through the fishing village of Soufriere, named for the French word for "sulfur," a reference to the natural sulfur springs in the nearby valleys. St. Mark's Catholic Church there was built in the 19th century with volcanic stone and it is one of the most picturesque spots on the island. You will pause for photos and to feel the geothermally heated seawater in the small bath out front. Another panoramic view awaits you at Scott's Head, an elevated finger of land at the very tip of the island, which divides the Caribbean Sea and the Atlantic Ocean. Before returning to Roseau, you will gaze out over the capital from the lookout at Morne Bruce, from which the guide may point out the botanical garden that you will visit next.

- Pause at a 19th-century Catholic church in Soufriere, an incredibly photogenic spot.
- Drive to a slender peninsula that divides the Caribbean Sea from the Atlantic Ocean.
- Enjoy a magnificent view of Roseau from the 400-foot-high Morne Bruce lookout.
- Marvel at the flora and fauna that flourish in Roseau's botanical garden.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests can opt to stay on bus. Casual clothing and comfortable, flat walking shoes are suggested.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

51

DOM-006 RIVER TUBING

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$182.00



Date: December 02, 2021 01:00 PM

Float down the Layou River in a comfortable, inflatable tube that will allow you to maximize the experience. The river is the longest in Dominica, the so-called "Land of 365 Rivers," and it eventually empties into the Caribbean Sea. You will tube down a portion that offers a mix of bubbly rapids, swirling eddies and calm pools, all surrounded by stunningly beautiful scenery. After a brief orientation, you will ease into the reliably stable tube and let the river current take you downstream without having to paddle or exert yourself in any way. Simply sit in the center of the circular tube and enjoy. The conditions will change through the adventure, as the river twists, narrows and widens as it meanders through the countryside. You can expect it to be an exhilarating experience that you will not soon forget.

- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Marvel at the verdant jungle-like foliage that grows right to the water's edge.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

Participants must be able to swim. The condition of the river will determine if the tour operates.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

52

❖ ST. JOHN'S, ANTIGUA

SJH-001 BEST OF ANTIGUA

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 03, 2021 08:30 AM

Travel around Antigua, taking in the natural beauty and visiting must-see landmarks that showcase the island's history, architecture and culture. Before leaving town, you will stop at the Dow's Hill Interpretation Center to watch a short but enlightening multimedia show and then pause for photos at the blockhouse that served as a lookout for the British in the 18th century. As you might imagine, the views will be spectacular and you may spot musician Eric Clapton's home below. Continuing on, you will pass through traditional villages of West Indies-style chattel houses and smallish plazas that present an authentic view of daily life. More sweeping vistas await you at the Shirley Heights Lookout, Antigua's southernmost point. Nearby, you will find Nelson's Dockyard Village, a fully restored 18th-century naval base where you will enjoy a drink in an historical inn. Afterwards, you will still have time to admire the sleek yachts while meandering around the marina and shops.

- Admire the views from a hilltop where the British manned a lookout in the 18th century.
- Drive through villages with characteristic West Indies vernacular architecture.
- Enjoy other scenic views from the overlook at Antigua's southernmost point.
- Linger over a drink at a charming inn and then browse the shops nearby.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

A wheelchair is allowed if it is collapsible and the guest can walk up or down the steps to the bus. Only Dow's Hill and Nelson's Dockyard are accessible by wheelchair.

SJH-004 ISLAND OFF-ROAD SAFARI AND BEACH

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 03, 2021 08:30 AM

Ride off to the wild southwestern side of the island in a custom-built Jeep® made for off-road adventure. You won't need to travel far beyond St. John's to reach terrain that most vehicles can't even begin to negotiate. On the way to Buckley's Village, you will travel along back roads and make your own roads whenever possible. The landscape will become even more undeveloped in Body Ponds, a rutty watershed full of mud holes and rugged land that is ideal for an exhilarating off-road journey. Be assured that you won't be disturbing the environment, as the driver knows exactly which areas and ecosystems to avoid. You will also drive down Fig Tree Drive as it winds through a rainforest on the way to a pristine beach on the island's southern shore, where you will have time to relax before heading back.

- Travel along Antigua's winding back roads and off road whenever possible.
- Sit back, relax and take in the scenery, as your guide will do all the driving.
- Drive through a rainforest and lush watershed.
- Cool off with a refreshing swim in the Caribbean.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests will ride in the Jeep, not drive it. Lounge chairs are available on first-come first-serve basis at extra cost & not included in the tour. Umbrellas are not available at the beach.

SJH-016 PHOTOGRAPHIC TOUR OF ANTIGUA

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$208.00

Date: December 03, 2021 08:30 AM, 12:30 PM

Venture to some of Antigua's most photogenic locations with professional photographer Marc Hubbard, who will offer tips on how best to capture the images with your camera. Your first stop will be Fort James, an 18th-century fortress that overlooks the harbor and your cruise ship. Stepping even further back in time, you will then snap photos of a 17th-century plantation that was the first of its kind on Antigua. The two historical sugar mills on the property are particularly worth shooting. The subject matter will change to natural beauty at Devil's Bridge, a coastal rock formation that spans the head of Indian Creek. Here, Hubbard can help you capture the spewing blow holes at just the right moment. Another natural wonder awaits you at Long Bay Beach, a lovely stretch of sand rimmed by water so impossibly turquoise that your pictures of it will look as if they have been digitally altered.

- Capture images of some of Antigua's most photogenic spots.
- Use tips from the professional photographer guide to maximize your pictures.
- Shoot landmarks of historical importance such as the island's first large plantation.
- Snap photos of Antigua's coastal beauty, including blow holes and beaches.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Marc Hubbard is a professional photographer with 23 years experience. He started his photographic career in England and qualified through the British Institute of Professional Photography; Marc has worked throughout the Caribbean, Thailand and now in Antigua. His work has been published in many magazines and newspapers across the globe. A substitute "professional photographer" will be used in the event Marc Hubbard is not available. Photographer will give personalized advice based on each guest query. This is not a photographic class.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

53

SJH-003 DICKENSON BAY BEACH BREAK

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 03, 2021 08:45 AM

Enjoy a relaxing day doing whatever you please at Dickenson Bay Beach, one of the most beautiful stretches of sand on Antigua's northwest coast. It won't take long to reach the beach, which rims a sheltered cove. You might stretch out in the sun, relax in the shade of gently swaying palm tree and stroll along the edge of the beach as the waves lap at the shore. You will enjoy more than three hours basking in the carefree atmosphere, so you won't feel rushed as you while away the time. An Antiguan-style rum punch will be provided and an excellent beachfront restaurant is just a few steps away if you wish to order lunch on your own. When it's time to return to the ship, you should be thoroughly relaxed and refreshed.

- Spend hours on one of the finest beaches on Antigua's northwest coast.
- Enjoy your time swimming, sunning, reading or doing whatever else you want.
- Revel in the carefree atmosphere with nothing on your mind but relaxing.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and appropriate beach shoes.
- Bring a towel and a change of clothes.

This tour includes limited walking, mainly at the guests' discretion. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their personal level of stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Beach chairs & umbrellas are available on a first come first serve basis. Umbrellas are at an additional cost.

SJH-009 CHAMPAGNE & LOBSTER CATAMARAN CRUISE

Duration: 6.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: December 03, 2021 09:00 AM

Sail in a sleek catamaran along Antigua's beautiful west coast to Deep Bay Beach, a well-protected crescent-shaped stretch of sand where you will spend an hour or so relaxing. Along the way, you will pass a number of other idyllic bays and the ruins of Fort Barrington, a stronghold built in the 18th century to protect the approach to St. John's harbor. Upon arriving at the beach, you will be free to swim in the turquoise seas, bask in the sun and stretch out under a palm tree and watch the world go by. The party will begin in earnest on the return cruise, as the champagne will be flowing and succulent grilled lobster will be served for lunch. To enhance the atmosphere, music will be playing in the background, most likely the light-hearted calypso-style music that is wildly popular on Antigua.

- Enjoy a relaxing and immensely scenic cruise on a well-appointed catamaran.
- Pass hilltop Fort Barrington, which the British built in the late 18th century.
- Spend about an hour doing whatever you please at beautiful Deep Bay Beach.
- Sip champagne and dine on grilled lobster on the return to St. John's.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.

This tour includes limited walking, mainly at the guests' discretion; however, the surfaces at the beach will be sandy and uneven. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their personal level of stamina and ability before joining the tour. Guests must be able to enter and exit the catamaran with limited assistance. Guests participating in water activities do so at their own risk and responsibility. Restrooms and changing rooms are available aboard the catamaran. Guests must be at least 21 years of age to consume alcoholic beverages.

SJH-011 HISTORICAL ISLAND DRIVE & BEACH BREAK

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 03, 2021 09:00 AM

Discover Antigua's fascinating history through some of the island's most notable landmarks and then relax at a beach within a national park. As you drive inland, you will pass through villages of West Indies-style chattel houses that present an authentic view of daily life. More sweeping vistas await you at the Shirley Heights Lookout, Antigua's southernmost point. If it is a clear day, you might spot the volcanic island of Montserrat on the horizon. Nearby, you will find Nelson's Dockyard Village, a fully restored 18th-century naval base, where you will enjoy a drink in an historical inn and perhaps browse the museum. A short drive later, you will arrive at Pigeon Point Beach, a lovely stretch of sand where you will spend an hour doing whatever you please. You might swim in the Caribbean, bask in the sun and relax in the shade and gaze out over one of the most idyllic spots on Antigua. While there are no beach chairs or umbrellas available at this public beach, there are naturally shaded areas for those who wish to stay out of the sun. The beach is also equipped with restrooms, changing rooms and freshwater showers.

- See historical attractions and the island's stunning natural beauty.
- Drive through villages with characteristic West Indies-style architecture.
- Pause for a drink at a charming inn at trendy Nelson's Dockyard Village.
- Relax at popular Pigeon Point Beach, passing the time as you see fit.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel if you wish to swim.

This tour includes about 90 minutes of easy to moderate walking and standing with some steps, uneven surfaces and sand to negotiate. While the tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them, only Dow's Hill Fort and Nelson's Dockyard are wheelchair accessible. Those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Guests taking part in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



GL Go Local Tour



Accessible Tour

Page

54

SJH-015 WALKING TOUR OF ST JOHN'S

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$91.00

Date: December 03, 2021 09:15 AM, 12:30 PM

Stroll through downtown St. John's, following a route that the Museum of Antigua and Barbuda has prepared, which ensures that you will see the most historically significant landmarks. The city has retained much of its original layout and is full of magnificent Georgian, Victorian and West Indian vernacular homes. Along the way, the guide will point out architectural features such as lattice work, fretwork patterns and louvered Demerara windows designed to cool the interiors. You can also expect to see the 19th-century Ebenezer Methodist Church and the Cenotaph war memorial that honors soldiers killed in the World Wars. You will also have the opportunity to browse the exhibits in the Museum of Antigua and Barbuda with the curator, who will elaborate on the significance of artifacts ranging from prehistoric pottery and tools to rare hand-carved canoes.

- Walk through Antigua's capital, which has preserved its original 17th-century layout.
- Notice the remarkably diverse architecture that goes well beyond West Indian vernacular.
- Pass religious landmarks and a somber war memorial.
- Browse the Museum of Antigua and Barbuda with the curator using the Whisper Radio Guide.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please note: This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

SJH-019 HOP ON HOP OFF SEA TAXI

Duration: 2.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$91.00



Date: December 03, 2021 09:30 AM

Sail along Antigua's beautiful coastline on a sleek 52-foot catamaran and enjoy some of the island's most magnificent beaches along the way. While you are certainly welcome to stay on board the entire time, the catamaran will stop on three occasions, allowing you the chance to hop off and relax however you see fit and then hop back on the catamaran for the next adventure. The first stop will be Fort James Beach, where you might stretch out on the sand, take in the views from the hilltop fort and drop by one of the beachfront bars. More entertaining and wonderfully laidback bars and restaurants will await you at Mystic Beach, another idyllic setting with lounge chairs and umbrellas available for short-term rental. Not far away, you will find Dickenson Bay Beach, yet another spectacular stretch of sand along Antigua's picturesque northwest coast. Stay on board, visit all three beaches or only the ones you find most appealing. Your choice.

- Sail a spacious catamaran along the gorgeous northwest coast of Antigua.
- Hop off at all or any of three beaches along the way.
- Relax at the beaches and enjoy the bars and restaurants, if you choose.
- Stay on board the catamaran the entire time, if you prefer.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes minimal walking. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

55

❖ CRUZ BAY, ST JOHN

SJH-017 CURTAIN BLUFF - 5 STAR DAY PASS

Duration: 6.00 Hrs **Tour Price:** CA\$561.00



Date: December 03, 2021 10:00 AM

Spend the day relaxing at Curtain Bluff, a 5-star boutique resort with two spectacular beaches, each with its own personality. Although the guide will always be on hand to offer assistance and suggestions, you will be free to spend the day as you please. The beaches are the resort's biggest draws. The water at Bay Beach is typically calm and clear, which makes it ideal for swimming. It's also the best place for kayaking and sailing a Hobie Cat, as you will have full use of the resort's non-motorized watersports equipment. The waves are larger and more robust at Surf Beach, where you might settle into a hammock between palm trees while the sound of the surf lulls you to sleep. You will also have the opportunity to swim in the lap pool, stretch out on the beach and lie in the shade of a palapa.

- Spend hours doing whatever you please at the 5-star waterfront resort Curtain Bluff.
- Enjoy two separate beaches, each with its own characteristics and appeal.
- Take advantage of the complimentary use of the kayaks, paddle-boats and Hobie Cats.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

56

❖ ST. JOHN'S, ANTIGUA

SJH-020 BLUE WATERS RESORT BEACH RETREAT

Duration: 6.00 Hrs **Tour Price:** CA\$287.00 **Retail Price:** CA\$483.00



Date: December 03, 2021 10:00 AM

Spend hours luxuriating at the Blue Waters Resort & Spa, a 4-star waterfront property near Antigua's northernmost point. It won't take long to reach this tropical oasis on Soldiers Bay, leaving you all the more time to enjoy the amenities. Most everything you could possibly need will be included and at your fingertips. Feel free to relax on the two beaches, stretch out on a blanket in the sun, lie back in a comfortable lounge chair and take a refreshing swim in the sea. There are also three swimming pools—one that is family-oriented, a second for adults only and another that's right next to the beach. If you love watersports, you will be free to kayak, windsurf and snorkel. All complimentary. The same holds true for lunch, including drinks, as an open bar is included. Without a care in the world, you can concentrate on enjoying each moment to the fullest.

- Spend the day at Blue Waters Resort & Spa, enjoying the amenities however you wish.
- Relax on the beaches, swim in the three pools and bask in the sun. It's up to you.
- Enjoy that everything is included: lunch, drinks, nonmotorized watersports and more.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

The hotel has a minimum age policy of 16 years of age.

SJH-010 SWIM WITH THE STINGRAYS

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 03, 2021 10:15 AM

Interact with friendly southern stingrays in their natural environment as they swim around you and even brush up against your body. You will reach the venue Stingray City aboard a small boat and then attend an enlightening orientation on how to make the most of your experience. Once you enter the crystal-clear water, you may swim with the stingrays or simply stand in the shallower areas and interact with these gentle marine creatures. Southern stingrays have flat, diamond-shaped bodies and are typically about 3 to 4 feet across. They often eat shellfish and worms, which they uncover on the sandy ocean floor by waving their "wings." A stingray wrangler will be on hand to offer tips on how best to interact with the stingrays and even feed them.

- Swim with southern stingrays in their natural environment.
- Interact with the stingrays and feed them, if you like.
- Ask the stingray wrangler for tips on how best to enhance the experience.
- Learn about stingray behavior that dispels myths about them.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.
- Bring a towel and a change of clothes.

This tour includes limited walking; however, the surface underwater will be sandy and uneven. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests must be able to enter and exit the boat with limited assistance and climb the ladder between the boat and the water. Those participating in water activities do so at their own risk and responsibility. There are restrooms, showers and changing areas at the Stingray City Clubhouse. If you wish to purchase souvenirs or photos of the experience bring cash or a credit card. Participants must be at least 5 years of age; children under 8 years of age must be accompanied by an adult parent or guardian.

SJH-013 A TASTE OF ANTIGUA

Duration: 2.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 03, 2021 10:15 AM, 01:00 PM

Visit a characteristic rum shack in town, where you will learn about the history of rum distilling on Antigua and sample several varieties of the spirit that will be paired with classic Caribbean dishes. The venue is located on Sir Vivian Richards Street, which is named for the famed cricketer and Antiguan national hero, who was born here. Rum may be just as popular as Sir Vivian, as you will discover by tasting a selection of signature Antiguan rums. All the while, your hosts will entertain you with anecdotes about the role that rum has played on the island throughout history. As a complement to the tasting, you will dine on dishes that may include conch fritters, jerk chicken, fish fingers and crab cakes, all prepared with local ingredients. Don't be shy about asking for the recipes; the hosts will be happy to share them.

- Savor a sampling of Antiguan rums at a local rum shack.
- Hear amusing anecdotes and stories about rum production on Antigua.
- Dine on Antiguan dishes that pair perfectly with your rum samples.
- Bring home the recipes for your favorite Antiguan dishes.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be 18 years of age or older.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

57

SJH-018 NICOLE'S TABLE

Duration: 4.75 Hrs **Tour Price:** CA\$216.00 **Retail Price:** CA\$404.00



Date: December 03, 2021 10:45 AM

Help to create a three-course meal of Antiguan cuisine with the chefs at Nicole's Table, a cooking school within the home of master chef Nicole Arthurton Dennis. It won't take long to reach Nicole's Table, as the home overlooks St. John's harbor. Upon arriving, you will settle in with a glass of punch, as the chefs explain how to make the most of your hands-on cooking class. Subject matter typically ranges from cooking with rum to jerk cooking over an open fire or grill. The style of cooking and recipes that you will follow will be determined the day of the excursion, depending on which seasonal ingredients are freshest and most flavorful. As you prepare the meal under the guidance of the chefs, they will offer culinary tips, make sure that you thoroughly understand each step and entertain you with anecdotal stories. The highlight will be dining on your savory concoctions on the outdoor verandah.

- Travel to the home of a revered Antiguan chef for a hands-on cooking class.
- Learn to prepare authentic Antiguan cuisine under the guidance of the chefs.
- Use locally sourced ingredients such as shrimp, ginger and dark rum.
- Sit on a breezy verandah while dining on the dishes that you have prepared.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

SJH-012 CATAMARAN SUNSET CRUISE

Duration: 2.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00



Date: December 03, 2021 04:00 PM

Cruise the turquoise waters of the Caribbean on a sleek catamaran as the sun slowly slips into the sea. St. John's is on the western shore of Antigua, so it won't be long before the catamaran is beyond the sheltered waters of Deepwater Harbour and offering unobstructed views of the setting sun. The best place to watch this natural spectacle is on the open deck while comfortably lounging with a welcome cocktail in hand. Few experiences are quite so relaxing and breathtaking, as the skies will surely be ablaze in every imaginable shade of red, orange and yellow. Don't just look west, as the lights will be coming on in St. John's and in the residences clustered along the coast. With the city lights twinkling on shore and the sun majestically setting at sea, it will be quite the sight in every direction.

- Cruise a catamaran into the open sea for the absolute best view of the setting sun.
- Relax on deck with a cocktail in hand and take in the natural spectacle.
- See St. John's from a different perspective as the city lights come on.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

58

❖ GUSTAVIA, ST. BARTS

SBH-003 RIB BOAT SNORKELING

Duration: 1.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 04, 2021 **08:30 AM, 10:00 AM, 01:00 PM, 02:30 PM**

Race across Gustavia Harbor in an open-air Rigid Inflatable Boat known as a RIB for a snorkeling adventure that will be just as thrilling as the ride there. The captain will assess the weather and water conditions for the best spot to anchor, but chances are it will be just outside the harbor to maximize your snorkeling time. The waters there are crystal-clear and teeming with reef fish. You may spot brilliantly colored angelfish, large groupers and schools of queen triggerfish. One of the most curious-looking species is the four-eye butterflyfish, which is named for the two dark spots – or false eyes – on the sides of its tail, which are meant to confuse predators. You might also see green sea turtles gracefully swimming by and feeding on seagrass and algae on the reef. They are noteworthy as being the largest of all sea turtles and the only ones that are herbivores.

- Take an exhilarating ride across the harbor in a Rigid Inflatable Boat or RIB for short.
- Snorkel in the crystal-clear waters at a reef teeming with fish and other marine life.
- Watch for green sea turtles, an endangered but relatively abundant species.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

This tour includes a moderate amount of activity and access on and off the boat can be challenging. Getting back onboard requires the use of a parrot ladder of 6 steps. Participants should be good swimmers and MUST be in good physical condition to get on and off the boat. The tour is not available to wheelchair guests or those with mobility concerns and may not be suitable for those with back or neck problems. Please wear your bathing suit on the tour as there is no changing room or restroom available on the boat. Bring a towel, hat and sunglasses. Snorkeling equipment will be provided. Those who take part in any water activities do so at their own risk and responsibility. The crew are not dive or snorkel certified. Guest participating in any water activities do so at their own risk & responsibility, and may be required to sign liability waiver.

SBH-008 ATV ADVENTURE IN ST. BARTS

Duration: 2.00 Hrs **Tour Price:** CA\$221.00 **Retail Price:** CA\$417.00

Date: December 04, 2021 **08:30 AM, 10:45 AM**

Zip through the countryside in an all-terrain vehicle made for exhilarating off-road adventure. You will have the choice of driving or being the passenger in the two-person ATV. Either way, the ride will be thrilling and wonderfully scenic as your caravan of vehicles traverses the back roads on the windward and leeward sides of St. Barts. The route will take you through small hillside villages, along the gorgeous coastline and through the seaside resort town of St. Jean. From atop Morne Tourterelle, you will look out over the Salines salt ponds while the guide explains their history. Incredibly, the production of salt was the only industry on St. Barts until the mid-1950s. The return drive to Gustavia will also offer breathtaking vistas of the mountains and the sea from several superb viewpoints.

- Take a carefree, fun-filled drive around St. Barts in an ATV.
- Drive the ATV or just enjoy the scenery as a passenger.
- See the island's windward and leeward sides, each spectacular in its own way.
- Learn fascinating facts about the island while pausing to take in the scenery.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes, not sandals or flip-flops.

This tour is priced per 2-person vehicle, so when booking a party of 2, only add one guest. The ATVs are automatic and may carry one driver and one guest. Drivers must be at least 18 years old with a valid driver's license. Passengers must be at least 12 years old. The maximum weight allowance per ATV is 330 pounds. Participants must be physically fit. Guests with leg, knee, back or neck injuries will not be permitted to participate. The tour operator reserves the right to deny participation to anyone deemed not fit to operate the ATV. Each ATV has a small trunk to store personal effects. Participants will be liable for damage up to 2,000 euros and must present a valid credit card to cover potential damage. Guests will be required to walk about 10 minutes back to the pier following the tour.

SBH-002 ST. BARTS ISLAND OVERVIEW

Duration: 1.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: December 04, 2021 **08:45 AM, 09:45 AM, 10:45 AM**

Enjoy a brief but enlightening drive around St. Barts on a leisurely jaunt that will present a broad understanding of the island's many charms. The road out of Gustavia will offer an outstanding view of the picturesque harbor before it winds through the hills and on to St. Jean Bay, one of the island's best spots for windsurfing. The other bays and beaches along the island's northern coast will be just as visually stunning, including Grand Fond, where you may pass the former oceanfront home of Rudolf Nureyev. As you will surely notice, the remote landscape in this part of St. Barts is more windswept than in other areas and wonderfully rugged. Even so, you may see cattle and sheep grazing in the green pastures. Depending on the return route, you might also pass the natural preserve near Marigot and the fishing village adjacent to lovely Corossol Beach.

- Gain an enlightening overview of St. Barts by driving through the enchanting countryside.
- Enjoy a mostly coastal route for the ultimate views of the sheltered coves and beaches.
- Pass through extraordinarily scenic seaside villages on the island's northern coast.
- See the rural side of St. Barts, the perfect complement to the capital of Gustavia.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This excursion by mini-van taxis is an orientation drive of the island and does not include separate guides. The drivers speak some English with a heavy French-West Indian accent. They are not guides and their descriptions of the island are very limited or non-existent. Photo stops are not included, although some drivers may stop if requested. Restrooms are available at the pier and not during the tour.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

59

SBH-004 SAILING THE LEEWARD COAST

Duration: 2.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: December 04, 2021 08:45 AM, 11:15 AM, 01:45 PM

Sail in a sleek catamaran along St. Barts' leeward coast to the Bay of Colombier, a crescent-shaped body of water at the very northwestern tip of the island. Along the way, you will enjoy spectacular views of the gorgeous shoreline and Les Gros Islets. Once the catamaran anchors in the Colombier Bay, you will be free to swim in the crystal-clear sheltered waters. You might also go ashore to the beach, which is typically uncrowded as the only access is by sea and by walking. Colombier Beach has been known more familiarly as Rockefeller's Beach since the 1960s, when David Rockefeller purchased much of the surrounding land and built an oceanfront villa here. The beach couldn't be more delightful, as it is almost entirely undeveloped and ideal for relaxing and basking in the sun without a care in the world.

- Cruise to a sheltered beach in the comfort of a beautiful modern catamaran.
- Anchor off Colombier Beach, an idyllic and undeveloped stretch of sand.
- Take a refreshing swim in the crystal-clear water and relax on the powdery beach.
- View the only residence nearby, which David Rockefeller built in the 1960s.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of activity and requires using a dive ladder to enter and exit the water. Participants should be good swimmers and in good physical condition. The tour is not available to wheelchair guests or to those with mobility concerns and may not be suitable for guests with back or neck problems. Guests must be at least 21 years of age to drink alcoholic beverages, which will only be served after the water activities are completed. Guests who take part in water activities do so at their own risk and responsibility and may be required to sign a liability waiver. The vessel and crew are not dive or snorkel certified. The catamaran has a toilet and an outdoor freshwater shower.

SBH-006 SEMI-SUBMERSIBLE EXPLORATION

Duration: 1.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: December 04, 2021 09:00 AM, 10:00 AM, 11:00 AM, 12:00 PM, 01:00 PM, 02:00 PM

Admire the bountiful marine life and coastal beauty of St. Barts from inside a modern semi-submersible vessel and on deck, where you can enjoy the sea breezes as well. While cruising toward the entrance of Gustavia harbor, you can expect to see green sea turtles gracefully swimming by and the wreck of the Marignan. Now an artificial reef teeming with brightly colored tropical fish, the fishing boat sunk in 1995 during Hurricane Luis. More spectacular underwater sights await you as the semi-submersible heads into St. Barths' Marine Reserve. Angelfish, sergeant majors, spotted moray eels and tarpon are just a few of the creatures that inhabit the reserve's protected reefs. On the approach to a group of three rocky islands known as The Saints, the crew will attract even more fish by feeding them. It will be quite the spectacle, especially if sharks join the frenzy.

- Cruise in and around Gustavia harbor in a semi-submersible vessel.
- Observe the underwater world through the large viewing windows down below.
- Take in the gorgeous scenery out on deck, if you prefer.
- Pass over a shipwreck and coral reefs teeming with marine life.
- Watch the feeding frenzy as the crew tosses fish food into the water.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There are very steep stairs to negotiate to enter and exit the submersible; therefore, this tour is not suitable for wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour. The vessel may not be exclusive to guests of your cruise ship. The itinerary may change depending upon weather conditions, general safety or other reasons as determined by the captain.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

60

❖ PHILIPSBURG, ST. MAARTEN

STM-011 TWO NATION VACATION

Duration: 2.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$104.00

Date: December 05, 2021 08:30 AM

Compare, contrast and enjoy the different ambiance of two nations who share the single beautiful island of Saint Martin. You'll begin on the Dutch side – known as Sint Maarten – with a drive through its capital city of Philipsburg, arrayed across a bridge of land which separates beautiful Great Bay from the Great Salt Pond. As the journey progresses, your knowledgeable guide will share anecdotes and facts about the island's history, culture and landmarks. A stop at Harold Jack lookout on Cole Bay Hill provides excellent views over Simpson Bay Lagoon and even to the neighboring islands of Saba and St. Eustatius on a clear day. Crossing the border to reach Marigot, capital of the French side, you'll quickly sense a distinctive French flair to things as you enjoy about an hour of free time exploring the Marigot Market and its surroundings. Colorful stalls shopped heavily by locals brim with fresh produce and exotic spices, while tempting designer boutiques nearby offer luxurious French-made perfumes, jewelry and prêt-à-porter fashion at duty-free prices. Over on the island's eastern shore, catch spectacular views of Orient Bay – home to five named beaches and beaucoup des restaurants.

- Enjoy la différence on a panoramic survey of both the French and Dutch sides of Saint Martin.
- Tour Philipsburg, capital city of Sint Maarten, and a visit a viewpoint above Simpson Bay, where the mega-yachts moor.
- Cross the border to French Saint-Martin and spend an hour exploring Marigot Market and its surrounding boutiques.
- Visit a lookout above Orient Bay on the eastern coast, home to those famous clothing-optional beaches.
- See the island's earliest village and pick up plenty of historical perspective from your savvy guide.
- Wear light, casual clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is primarily at guests' discretion during photo stops and free time in Marigot. There are some rough surfaces at the Orient Bay lookout. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

STM-018 SEMI-SUB, MARIGOT, SCENIC DRIVE & SHOPPING

Duration: 3.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$104.00

Date: December 05, 2021 08:30 AM

Go underwater in Grand Case Bay without getting your feet wet, then spend some time in the fashionable French capital of Marigot. Travel by coach from Dutch Philipsburg to Grand Case, a former fishing village along the Anguilla Channel on the French side of Saint Martin. The countryside along the way is wonderfully scenic, and your first destination is even more so. You'll be headed out into the bay aboard the Seaworld Explorer, a semi-submarine developed to explore the Great Barrier Reef. It's the ideal way to witness the natural wonders below the surface without actually submerging. From your seat near one of the air-conditioned hull's large viewing windows, you can observe the abundant marine life thriving in Grand Case Bay – and get background on it from the marine expert on board. Beautiful sights of a different sort are in store when you head to Marigot, where the accent at the sidewalk cafes, bustling open-air market and stylish duty-free boutiques is decidedly French. You'll have independent time here to browse for chic fashions, jewelry and luxury goods from Europe. Or just graze on savory local fare in a café tucked along one of the charming colonial-style streets.

- Savor the scenery as you travel from the Dutch to French side of the island by panoramic coach.
- Take an air-conditioned seat in a semi-submarine that offers awesome undersea views from large underwater windows.
- See and learn about Grand Case Bay's colorful marine life as the sub makes its exploratory rounds.
- Enjoy free time for duty-free boutique browsing or café hopping in the chic French capital of Marigot.
- Catch outstanding views of the island and its surrounding waters from a lookout high above it all.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is mainly at guests' discretion during free time in Marigot. Entering and exiting the submerged lower level of the semi-sub involves negotiating a ladder. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The tour sequence may vary.

STM-019 MARIGOT, SCENIC DRIVE & SHOPPING

Duration: 2.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$78.00

Date: December 05, 2021 08:30 AM

Drink in gorgeous scenery on both the Dutch and French sides of Saint Martin and wander among the cosmopolitan boutiques and cafes of Marigot. Highlights of your panoramic cross-island coach survey include sweeping high views out over Orient Bay, renowned as the "French Riviera of the Caribbean," and from a lookout perched above Simpson Bay – a popular gathering place for some of the world's most spectacular mega-yachts. If the weather's clear, you may even see glimpses of Saba, St. Eustatius and St. Kitts in the distance across turquoise seas. Meanwhile, the sights in Marigot, this isle's fashionable French capital, are very easy to spot. In fact, you'll be free to admire them at close range during your independent time here. Perhaps you'll shop for duty-free perfume, jewelry and prêt-à-porter imported from France, or sample the cuisine – including local specialties like spicy cod fritters. If you're into cultural history, the Saint Martin Museum is the place to visit, or if architecture's your thing, you'll surely want to walk the Rue de la République, lined with colonial-era facades. Back on the Dutch side, you can spend a while exploring Philipsburg on your own, too – or return directly to the pier.

- Savor the scenery on a panoramic coach drive through both the Dutch and French sides of Saint Martin.
- Catch outstanding views of the island and its surrounding waters from high atop Hope Hill and Cayhill Lookout.
- Enjoy free time for duty-free shopping, café hopping or a museum visit in the chic French capital of Marigot.
- At tour's end, explore Philipsburg at leisure if port time permits – or return to the ship.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is mainly at guests' discretion during free time in Marigot. There will be some uneven surfaces to negotiate. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



GL Go Local Tour



Accessible Tour

Page

61

STM-023 Aerial Sky Explorer & 360 Views

Duration: 4.75 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00

Date: December 05, 2021 08:30 AM, 09:30 AM

Get a true lift and amazing St. Maarten views from the new Pirate Sky Ride – a smooth chairlift that climbs to the top of one of the island's highest mountains. It takes 30 scenic and tranquil minutes for your chair to reach the Crow's Nest atop Sentry Hill, one of Sint Maarten's tallest summits at 1,125 feet. Once up here, platforms encircle the mountaintop and showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla. On a clear day, you might also see St. Kitts, Nevis and Monserrat. Take some time to savor this amazing high-altitude vantage point, and when ready to descend, simply board a Pirate Sky Ride chair for the gentle trip down the mountain. The Rockland Estate below is a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818, and depicts plantation life as well as customs and traditions of Sint Maarten. Explore this intriguing venue and perhaps sample a local delicacy or beverage (not included) at the estate restaurant before the 30-minute coach ride back to the pier.

- Travel to the historic Rockland Estate, located 30 scenic minutes by coach from the pier.
- After an orientation at the base, board the Pirate Sky Ride chairlift for a thrilling but gentle ride up to the summit of one St. Maarten's tallest peaks.
- Step off at the platforms up top and admire breathtaking 360-degree vistas of this island and several others often visible across the turquoise surrounding waters.
- When ready, descend on the same chairlift and spend some time exploring the estate below.
- Visit the plantation museum and learn the story of Trace Wilson, born into slavery here in 1818.
- Wear casual, weather-appropriate clothing.
- Securely fastened shoes are a must; flips-flops are not allowed.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is accessible for everyone including disabled guests. This is a non-guided tour and in order to participate, guests are required to sign a waiver.

STM-024 Aerial Sky Explorer and Flying Dutchman

Duration: 4.75 Hrs Tour Price: CA\$0.00 Retail Price: CA\$208.00

Date: December 05, 2021 08:30 AM, 09:30 AM

Enjoy a gentle, scenic ascent to a St. Maarten mountaintop on the Pirate Sky Ride chairlift, then go flying back down on the Flying Dutchman, world's steepest zip line! It's sure to be any adventure-lovers dream experience. You'll travel by panoramic coach from the pier to the Rockland Estate, a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818. High above this historic venue is Sentry Hill, one of Sint Maarten's highest elevations at 1,125 feet. You'll take a scenic 30-minute ride up to the summit aboard the slow-moving chairlift, then have time at the top to explore the Crow's Nest platforms that showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla – and perhaps even out to St. Kitts, Nevis and Monserrat. But your full-adrenaline thrill awaits: after a brief orientation, you'll be launched down the mountain at speeds up to 56 mph on the world's steepest zip line, attached to a flight line in a secure harnessed chair. The plunge carries you down 1,050 feet in elevation over a 2,800-foot run, in seconds. Afterwards, you'll likely be speechless awhile.

- Travel by coach to the historic Rockland Estate, located 30 scenic minutes from the pier.
- Board the Pirate Sky Ride chairlift for a gentle ride up to the summit of one St. Maarten's tallest peaks.
- Admire incredible 360-degree island vistas from the platforms up top and get your orientation for the thrill ride to come.
- Take a deep breath, then take the adrenaline plunge down the Flying Dutchman zip line to the base.
- After you stop hyperventilating, explore the plantation house before the return drive to the pier.
- Wear casual, weather-appropriate clothing.
- Securely fastened closed toe shoes are a must mandatory; flips-flops are not allowed.
- Bring a hat, sunglasses, sunscreen and courage as needed.

No photo taking allowed on the zipline. This is a non-guided tour and in order to participate, guests are required to sign a waiver.

STM-025 OPEN TOP DOUBLE DECKER

Duration: 3.50 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 08:30 AM

Settle in for a relaxing, wonderfully scenic drive through Philipsburg on a double-decker bus with occasional stops at the most noteworthy attractions. You may sit inside the bus or on the upper floor, which is open-air with unobstructed views in every direction. Either way, you will hear enlightening commentary about the landmarks that you pass in and around Philipsburg, the capital of the Dutch side of St. Martin. One of the best panoramas of the area is from atop the Cole Bay Hill lookout, where you will pause for photos. Another stop will be made at picturesque Maho Beach, an ideal spot for an exceptionally close view of airplanes landing and taking off. You will also have the opportunity to sample products characteristic of the island, including a selection of locally produced rums and gouda cheeses much like the ones made in the Netherlands. Perhaps the most unusual treat will be riding a vintage carousel inside a gelateria.

- Enjoy an immensely panoramic drive in and around Dutch-influenced Philipsburg.
- Pause at lookouts that offer particularly beautiful perspectives of the island.
- Sample a selection of rums and Dutch gouda cheeses.
- Ride a meticulously preserved vintage carousel inside a gelateria.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Walking on this tour is at the guests' discretion during any stops they choose to get off the bus. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. While the lower deck of the bus is air-conditioned, the open-top upper deck is not.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

62

STM-026 HISTORIC PHILIPSBURG BY TROLLEY TRAIN

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 08:30 AM

Hop on an open-air, bright-red trolley train and enjoy an entertaining ride through Philipsburg, where you will see many of the most significant historical landmarks. St. Martin has been divided since 1648, with the French ruling the northern two-thirds and the Dutch ruling the southern third, whose capital is Philipsburg. As an introduction to the Dutch influence there, you will pause for a sampling of gouda cheese, a tasty product synonymous with the Dutch. The exact route will depend on the traffic, but you can expect to ride past the beautiful colonial architecture along Front Street and the First Methodist Church, a 19th-century wooden building so iconic that it was featured on a postage stamp. You may also see Fort Amsterdam, which the Dutch constructed in the 1630s to control the entrance to the Great Bay. Later, during free time, you can further explore the downtown and browse the shops at your own pace.

- Ride an open-air trolley train through Dutch-influenced Philipsburg.
- See beautiful colonial architecture and landmarks such as the First Methodist Church.
- Sample a classic gouda cheese, one of many Dutch products sold in Philipsburg.
- Enjoy free time in Philipsburg to shop and take in the sights.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion.

STM-027 BEACH RENDEZVOUS

Duration: 5.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 08:30 AM

Spend hours relaxing on the white-sand beach at El Zafiro, a beautiful resort directly on Simpson Bay. On the way there, the guide will describe some of the more fascinating aspects of Philipsburg's history and be standing by at the resort to answer any questions. Upon arriving, you will be welcomed with an icy-cold rum drink or a refreshing fruit cocktail. The rest of your time at El Zafiro will be free to do whatever you wish. A private area has been reserved just for your group. You might bask in the sun on a complimentary lounge chair, lie in the shade of a coconut palm, stroll along the water's edge and take a dip in the bay, whose sheltered waters are typically calm and crystal-clear. What you do is completely up to you. A hearty lunch and beverage are also included to enhance your carefree day at the beach.

- Relax however you desire on the white-sand beach at El Zafiro, a resort on Simpson Bay.
- Enjoy the use of a complimentary beach lounge chair to make your day more enjoyable.
- Savor the included Caribbean-inspired lunch.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach.

STM-031 HORSEBACK RIDING: SCENIC TRAIL & SEA RIDE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 08:30 AM

Ride horseback through the winding trails in Seaside Nature Park and on into the Caribbean Sea, where the horses can cool off in the refreshing surf. You will get an inkling of the island's beauty on the drive over to Lucky Stables, an equestrian facility within the park. After a briefing to help you maximize the experience, you will saddle up and ride off on a horse well-suited to your equestrian abilities. The horses are Antillianos, a local breed. You will follow an expert guide that will point out the attractions and describe the history of St. Maarten, the island's Dutch-controlled southern half. Although the horses are kept in large paddocks during the day, they roam freely at night and are intimately familiar with the park's terrain. They are especially fond of riding into the sea not far offshore, an experience that may well be the highlight of your adventure.

- Ride through a lush seaside park on a horse perfectly paired to match your riding abilities.
- Follow an expert guide that will describe the island's history and the park's flora and fauna.
- Ride horseback into the Caribbean Sea and continue along the coast in a caravan.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 8 years of age and weigh no more than 230 lbs. Weight limit is strictly enforced and no refunds will be given if you exceed the limit at the tour site. Guests 8 to 20 years of age must be accompanied by a parent or guardian. Guests with heart conditions, back or neck injuries and pregnant women are not allowed to participate. Helmets are mandatory and will be provided along with a floatation device for the sea. Dismounting the horses will be from a mounting block with assistance from the guides. Guests are divided into smaller groups of about 6 per guide. No bags are allowed to be taken on the tour - lockers will be provided. A 16oz. bottle of water is included. Due to limited availability, guests are encouraged to book early.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

63

STM-032 ULTIMATE ISLAND TOUR & EXPLORER CRUISE

Duration: 4.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 08:30 AM

See extraordinarily photogenic St. Martin on a panoramic drive through the countryside and from a water perspective on a leisurely cruise around Simpson Bay Lagoon. Along the way, you will hear commentary that describes the landmarks and history, such as why the island was divided between the French and the Dutch. During free time in Marigot, the French capital on the northern side of St. Martin, you might browse the boutiques for designer fashions. The three-level West Indies Mall on the waterfront is an excellent place to start shopping. More beautiful vistas await you on the lagoon, which is part French and part Dutch. As you glide through the sheltered waters on a 65-foot double-decker catamaran, you may pass Grand Key, Little Key and the entrance to Mullet Bay Pond. Calypso music and an open bar will make the cruise all the more enjoyable. If time permits, you might shop upon returning to Philipsburg.

- Settle in for panoramic drive through both the Dutch and French sides of St. Martin.
- Spend free time in Marigot, the island's French capital.
- Cruise the sheltered waters of Simpson Bay Lagoon on a double-decker catamaran.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

The tour may operate in reverse order. Some shops in Marigot may be closed on holidays/Sundays. Guests must be able to climb 3 steps to board the coach buses and the Explorer boat. It is available to guests who utilize a collapsible wheelchair and have a companion to assist them. The vessel is fast, stable, and has plenty of shade. We may make separate snorkel and beach stops, and alternative destinations may be used based on weather conditions. Some nudity may be observed. Tour participants taking part in any water activities do so at their own risk and responsibility and will be required to sign a release form before being allowed to take part in any snorkeling activities. Minimum age to participate is 12 years of age.

STM-001 GOLDEN EAGLE SAILAWAY

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: December 05, 2021 09:00 AM

Surrender to the coastal beauty of St. Maarten during this relaxing snorkeling and beach tour aboard a fully-equipped catamaran. Boarding the 65-foot Golden Eagle from the pier, you'll soon be gliding over turquoise waters – feeling the breeze and scanning the seas for dolphin, flying fish, even enormous whales in season. Time and everyday concerns seem to float away as your comfy cat makes her way to an idyllic white sand beach on the calm side of the island. Here, the Golden Eagle will anchor just off the shore and you'll have a delightful decision to make. With your free time, would you most prefer to explore the island, soak up some sun on the beach, or do some snorkeling in the crystal-clear waters? There are no wrong answers, and your crew will be on hand to provide any assistance needed. If you do decide to enter the water to check out the local marine life, you'll receive safety instructions along with the snorkeling and flotation gear needed for a pleasurable visit. After a time, the Golden Eagle will begin the return cruise to the pier. A light snack and liquid refreshments will be served enroute, accompanied by onboard music.

- Enjoy a relaxing coastal jaunt aboard a 65-foot catamaran, bound for a beautiful St. Maarten beach.
- While on the water, be on the lookout for marine life like dolphin, flying fish or even a whale or two.
- Use your free time while anchored as you please – explore the island, sunbathe or snorkel the clear waters.
- A light snack and refreshments will be served during the return trip, accompanied by onboard music.
- Rely on the Golden Eagle crew for assistance in the water or at any point during the excursion.
- Wear a swimsuit and cover-up; consider waterproof non-slip shoes.
- Bring a hat, sunglasses, sunscreen and a towel from the ship.

This tour is not recommended for wheelchair guest or those with limited mobility or back/neck problems. The tour operates on the French side of the island, where some nudity may be observed. Operation of the vessel and beach selection are subject to weather and sea conditions. On rare occasions, sea conditions may make snorkeling more difficult and those who participate in any water activities do so at their own risk and responsibility. Guests must be able to swim from the catamaran to the beach and may be required to sign a liability waiver in order to participate. Participants may not exceed 300 pounds. Beach chairs and umbrellas are not provided, marine life sightings are not guaranteed, and this tour may not be exclusive to cruise line guests.

STM-030 ACCESSIBLE SCENIC CITY DRIVE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 09:00 AM, 01:00 PM

Loop around the island on an immensely scenic drive that will present the highlights of both the Dutch and French sides of Saint Martin. Along the way, you will pass through lovely, curiously named villages such as Sucker Garden and Cripple Gate and pause for photos at elevated lookouts on the island's eastern and western shores. After just a few hours of traveling in air-conditioned comfort, you will come away with a remarkably comprehensive picture of Saint Martin and an understanding of the differences in daily life in the Dutch-influenced capital of Philipsburg and the French-influenced capital of Marigot. The longest stop will be made in Marigot, where you will be free to explore the downtown at your own pace. Smart duty-free boutiques and open-air cafés are especially prevalent along the Rue de la Liberté and Rue de la République, both of which parallel the bay.

- Settle in for a carefree and wonderfully scenic drive around Saint Martin.
- See villages and stop at scenic lookouts on both the Dutch and French sides of the island.
- Spend free time in Marigot, the island's French capital.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible or electric wheelchair and have a companion to assist them.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

64

STM-022 TIKI HUT RELAX & SNORKEL ESCAPE

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00



Date: December 05, 2021 09:15 AM

Orchestrate your ideal escape on a floating mini-resort platform in sheltered Little Bay – where the to-do list is as mellow as it comes. There are plenty of options waiting out here and you can stay as long as you like; shuttles back to the pier leave just about every hour. When you first arrive, a safety and information briefing will leave you fully equipped to map out your freeform tropical agenda for the day. Sunbathe, shade-lounge, noodle-float, or tiki-tipple to your heart's content. When hungry, grab a bite at the thatched hut. When the urge for adventure strikes, practice your snorkeling in an onboard saltwater pool then take the plunge into the calm surrounding waters to see what the marine life is up to today. Discover the sunken helicopter that's now an artificial reef, a few cannons from nearby Fort Amsterdam, and whatever sea turtles, colorful reef fish and graceful eagle rays happen to be in the neighborhood at the moment. Climb back onto the platform and relax again on a deck lounge or under an umbrella. This is a life you could easily get used to.

- Travel by water taxi to spend as much time as you like relaxing on a floating mini-resort in Little Bay.
- Take advantage of the thatched tiki bar and grill, umbrellas and lounge chairs – even a saltwater pool.
- Sunbathe, lounge, swim and snorkel, dine and drink out on this sheltered, floating platform.
- Hop in the surrounding water and encounter a helicopter reef, sunken cannons and plentiful marine life.
- Whenever you can tear yourself away, hop the next hourly water taxi back to the pier and your ship.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is primarily at guests' discretion. Because the tiki hut is on a floating dock, there is movement; therefore, the tour may not be suitable for those who have mobility concerns or suffer from motion sickness. The tour is available to wheelchair guests who have a collapsible chair and an able-bodied companion to assist them. There is no beach and the waters surrounding the Tiki Hut are 15-20 feet deep. Those who take part in any water activities do so at their own risk and responsibility. Flotation devices and snorkeling equipment are provided.

STM-013 SOUALIGA HISTORICAL ISLAND TOUR

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: December 05, 2021 09:30 AM

Float like a butterfly and shop like a fashionista as you explore two contrasting personalities of Saint Martin. This excursion immerses you in the island's natural beauty at a butterfly farm, then sets you loose to browse sophisticated boutiques in the French capital of Marigot. Rich in natural beauty and wildlife, the northern part of the island supports a thriving population of birds, reptiles, amphibians – and at the Butterfly Farm, brightly colorful winged wonders on display at all stages of their lives. You'll observe more than 40 species of butterflies and moths at close range as you wander a greenhouse where they flutter about freely – even land on you. You'll also learn fascinating facts about how they live and, if conditions are right, see a newborn Scarlet Swallowtail or Orange Tip emerge from its chrysalis. Beauty of another type is in fashion in Marigot, where you'll enjoy free time to wander at will. It's a great place to shop for luxurious French-made perfumes, jewelry and prêt-à-porter sold at duty-free prices. The restaurants and patisseries serve delectable French fare as well as local specialties like spicy codfish fritters. A stop up at Harold Jack lookout provides the scenic finish.

- Travel by coach to explore two contrastingly attractive aspects of French Saint-Martin.
- Take a walk inside a free-flight greenhouse at the Butterfly Farm, where winged residents of every color in the rainbow flutter by.
- Enjoy free time in stylish Marigot, the French capital, where the boutiques are duty-free and the bistros and fritter stands are delicious.
- Back on the Dutch side, gaze down on the Philipsburg – and out over the Caribbean – from a hilltop lookout.
- Wear light, casual clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy-to-moderate walking over mostly even surfaces, plus any additional walking at guests' discretion during free time and Harold Jack Hill stop. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

STM-007 AMERICA'S CUP 12 METRE CHALLENGE

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: December 05, 2021 10:00 AM

Experience the adventurous thrill of America's Cup head-to-head style racing on a yachting adventure that's won accolades as Best Shore Excursion in the Caribbean many times over. You'll tender from the pier out to one of Dennis Conner's legendary America's Cup-winning yachts – the Stars & Stripes, Canada II or True North I. Once on board, you'll receive your safety and racing instructions, be introduced to this precision sailing machine's operation, then set out on what's bound to be a peak adventure as you race across the warm aqua waters eking out all possible advantage from the brisk St. Maarten trade winds and rounding the marks from leg to leg. No prior sailing experience is necessary, but if you'd like to be a part of the action, you're cordially invited to do so. Help grind a winch, trim a mainsail, punch a stopwatch – or just sit back with some refreshments and enjoy this amazing ride. Once the race is run, join in a complimentary victory rum punch party while browsing through the 12 Metre complex's souvenir boutique before being tendered back to the pier.

- Experience a true race on an America's Cup course, aboard an agile 12 Metre Class sailing yacht.
- Sit back and observe the action, or join the crew and be assigned a sailor's task during the race.
- Before setting sail, meet the professional skipper and crew and get your orientation briefing.
- Feel the thrill of rounding the markers aboard a majestic vessel designed to extract every ounce of power from the St Maarten trade winds.
- Celebrate your victory – or defeat – with grace at a complimentary post-race rum punch party.
- Wear light, casual clothing.
- Soft-soled shoes are required; no heels permitted on board.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is not recommended for wheelchair guests of those with limited mobility. Participants do not have to be experienced sailors but should be in good physical condition. There are no restrooms on board the yacht. Participants must be at least 12 years of age, and at least 21 years of age to be served alcoholic beverages. Operation of the Challenge is subject to weather conditions. This tour may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

65

STM-029 MAHO BEACH

Duration: 4.50 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 10:15 AM

Enjoy the extraordinary setting of Maho Beach, a beautiful stretch of sand so close to the Princess Juliana Airport that you can actually feel the jet-blast from the airplanes. It is an incredible thrill to be directly under the flight path of the aircraft – even large wide-bodied jets – as they approach the runway less than 100 feet above the beach. The roar of the engines and the power of the jet stream make for an unforgettable experience. You will also have plenty of time to just stretch out on the sand away from the runway. Feel free to bask in the sun, take a refreshing swim in the sea, enjoy the convenience of the Sunset Beach Bar and browse the shops in the village of Maho, which is within easy walking distance. On the return to Philipsburg, you will pause atop a lookout that offers sweeping views of the island.

- Spend hours at Maho Beach, a spectacular setting right next to the airport.
- Stand so close to the runway that you can feel the jet-blast from the approaching planes.
- Browse the nearby shops and drop by the beach bar at the southern end of Maho Beach.
- See Maho Beach from an elevated lookout that offers an entirely different perspective.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach. Maho Beach is European style and there may be the possibility of observing partial nudity, i.e. topless bathing. Sun loungers and beach parasols are available for rent, at your own expense. Jet blast from departing airplanes can be extremely dangerous and it is advised that guests do not stand behind or get too close to the end of the runway. Guests will be required to sign a waiver.

STM-015 ATV ADVENTURE

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$221.00

Date: December 05, 2021 10:30 AM

Hop onto an All Terrain Vehicle for an exhilarating off-road outing into less-traveled parts of Saint Martin, from lush green fields to gorgeous turquoise and white beaches. Departing from the pier, your guided convoy of two-seaters will soon be zipping along through the St. Maarten landscape. These nimble ATVs perform true to their name, and that's good – because stops made and terrain seen will vary immensely as you work your way around the island, on and off its roads. Among the tour highlights is a visit to Lame Shores, where you'll have a chance to photograph and perhaps even hold colorful marine life that thrives in these sparkling Caribbean waters – from conchs to sea stars to urchins. Another top experience will be your visit to legendary Orient Beach on the French side of the island. Renowned for its natural beauty and its sunbathers' carefree distaste for tan lines, Orient Beach is a wonderfully relaxed place where you'll have the opportunity to take a dip in the gin-clear, typically calm waters. After a time, you'll head out along a scenic coastal route toward where you started in Philipsburg.

- Cover the roads, fields, beaches and other terrain of Saint Martin in adventurous style via ATV.
- Travel by guided convoy as you explore diverse environments on both the Dutch and French side.
- Stop for marine-life pictures – and perhaps holding – in the living touch tank of Lame Shores.
- Visit the beach known as "The French Riviera of the Caribbean," and have a relaxed swim if you like.
- Take the scenic coastal route back around to Philipsburg and your waiting ship.
- Wear lightweight, casual clothing.
- Closed-toe walking shoes or sneakers are mandatory; no open sandals or flip-flops.
- If planning to swim, wear a bathing suit under your clothes.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship as needed.

Walking on this tour is mainly at guests' discretion during the stops, but there are uneven and sandy surfaces involved and the ATV ride can be bumpy. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or anyone with back or neck problems. Guests who participate in any water activities do so at their own risk and responsibility. The ATVs carry 2 passengers; single participants may have to share with other guests. Drivers must be at least 18 and present a valid drivers' license. Minimum passenger age is 8. Maximum allowable combined weight per ATV is 600 lbs. All participants must sign a liability waiver to take part in the tour.

STM-021 SEA TREK ST. MAARTEN HELMET DIVE

Duration: 2.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$156.00

Date: December 05, 2021 11:30 AM

Make like a lobster and go for a walk along the ocean floor wearing a dive helmet that keeps your head and face completely dry as you observe the wonders underwater. It's easy, fun, comfortable, and you can even keep your glasses on. The trick is Sea Trek's specially designed helmet and breathing tube; you'll learn all about it once you reach their floating platform by water taxi. A brief orientation is all you'll need to be ready for your helmet dive... well, stroll. Geared up and psyched up, you'll begin your effortless walk along the ocean floor at depths up to 20 feet, with your guide pointing out sights around you. Things you might encounter include a sunken submarine, an ancient encrusted cannon and a statue of King Neptune. Of course, marine life is ever on the move, so you never know who might swim by – maybe sea turtles, schools of blue tangs, eagle rays, French grunts, colorful parrotfish. The waters of St. Maarten teem with curious marine creatures. After your helmet session, you can continue your underwater exploring by snorkel, or simply bask in the sun on the Sea Trek platform before returning to the pier.

- Travel by water taxi to the Sea Trek floating platform, where you'll be oriented on helmet diving.
- Forget you're a land animal for a while and go for a relaxed underwater walk along the ocean floor.
- Wearing a clear helmet connected to a breathing tube, you'll walk and sightsee underwater with your face and head unobstructed and dry.
- Your UW guide will point out sights while down below, and marine life will swim by in accord with its own natural rhythms.
- See a photo of yourself helmet diving, taken below and available for purchase back on the platform.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes are recommended; water shoes and snorkel equipment are provided.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is mainly on the sea floor and at guests' discretion after the helmet dive. Participants will have to climb a 20' ladder. The tour is not available to wheelchair guests or those with mobility concerns, who have had recent heart surgery, have a pace maker, or suffer from epilepsy, severe asthma or diabetes. The tour is not considered suitable for women beyond their first trimester of pregnancy. The minimum age to participate is 8 years old and children under 18 must be accompanied by an adult parent or guardian. SeaTrek will take underwater photos that are available for purchase and loaded onto a USB device. There's a 5% surcharge for credit cards.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



GL Go Local Tour



Accessible Tour

Page

66

STM-028 AFTERNOON BEACH BASH

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: December 05, 2021 12:00 PM



Start your afternoon with a refreshing rum punch at El Zafir and then spend about two hours relaxing at the resort's beach on Simpson Bay. The wide stretch of white sand at El Zafir is considered one of the best beaches on the Dutch side of St. Martin. It is a wonderful setting to do whatever you please, as there is no schedule to follow once you arrive. You might stroll the beach as the waves gently lap the shore, swim in the bay's sheltered waters and stretch out on a complimentary lounge chair while soaking up the sun and the scenery. If you prefer to relax in the shade, there are plenty of coconut palms overlooking the shore and beach umbrellas available for rental. There are also several options for dining and drinks on your own. The aperitif Aperol Spritz is one of El Zafir's signature cocktails.

- Relax however you desire on the white-sand beach at El Zafiro, a resort on Simpson Bay.
- Enjoy the use of a complimentary beach lounger to make your day more enjoyable.
- Dine on your own in the restaurant and order drinks from the bar if you wish.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

67

❖ SAN JUAN, PUERTO RICO

SJU-006 EL YUNQUE RAINFOREST WITH LONG HIKE

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 06, 2021 08:30 AM

Enjoy the natural beauty and serenity of El Yunque by hiking through the only tropical rainforest in the U.S. National Forest System. To better understand the enormity of the forest and its natural highlights, you will first explore the welcome center and watch an introductory film on El Yunque. Then after taking in the spectacular scenery from atop the Yokahu Lookout Tower, you will begin hiking down the Big Tree Trail. El Yunque averages 16 feet of rain each year, leaving the tropical landscape perpetually lush and green. The rain feeds countless streams that create spectacular waterfalls such as La Mina, which you will find at the end of the trail. You will be welcome to swim in the refreshing pool at the bottom of the cascade or simply relax in the serene setting. If you spot bright-red flowers, they will likely be Flor de Magas, the national flower of Puerto Rico. At the conclusion of your tour, you will be served a complimentary beverage and snack before re-boarding your coach for the return drive to the pier.

- Grasp the enormity of El Yunque through eye-opening exhibits at its welcome center.
- Follow a lengthy winding trail through the serene rainforest.
- Swim in the pool at La Mina waterfall or relax along the shore.
- Look for tropical birds, including the rare Puerto Rican Parrot.
- Dress in weather-appropriate clothing and bring raingear.
- Wear a swimsuit under your clothing and bring a towel.
- Wear flat comfortable walking shoes with closed toes.

This tour involves extensive walking, with many steps to negotiate. Guests should be active and in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests wishing to swim should wear a swimsuit under their clothing, and bring a towel from the ship.

SJU-007 SAN JUAN & BACARDI RUM DISTILLERY

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 06, 2021 08:45 AM

Visit the famed Bacardí rum distillery and then enjoy a sweeping tour of Old San Juan, a city that Ponce de León founded in 1521. Upon arriving in the bat wing-shaped Bacardí visitor pavilion, you will hop aboard an open-air tram for an enlightening tour. You can expect to see exhibits detailing the history of Bacardí and the rum-making process and visit a gallery displaying historical documents, family portraits and vintage rum bottles. Afterwards, you will enjoy a complimentary rum drink and have time to purchase premium Bacardí rum. Continuing on to Old San Juan, you will first explore San Cristobal fort, which was built to protect the city from land attacks, unlike the more famous El Morro, which guarded against invasions by sea. Be sure to visit the Devil's Sentry Box, where according to legend soldiers mysteriously disappeared. Free time for shopping in marble-paved Plaza Colon follows. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

- Tour the visitor pavilion at the Bacardí rum distillery in an open-air tram.
- Discover the history of the distillery and then enjoy a classic rum drink.
- Explore Old San Juan, starting at San Cristobal fort, which took 156 years to build.
- See the towering statue of Christopher Columbus while shopping around Plaza Colon.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The tour of the Bacardi facility doesn't include the distillery or production area. Walking in Old San Juan will be over some uneven pavement and steep inclines, especially in the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests must be at least 21 years of age to consume alcohol. The tour duration depends on traffic conditions and the number of people touring the distillery.

SJU-012 SAN JUAN CITY TOUR

Duration: 2.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$91.00

Date: December 06, 2021 08:45 AM

Explore the most historical and newest areas of San Juan, a vibrant city that has been Puerto Rico's capital since being founded in 1521. The Condado District reflects contemporary life, as luxury high-rises and resorts dominate it. Old San Juan is more atmospheric and its Gothic, Renaissance and Baroque architecture represents four centuries of development. One of the highlights will be exploring San Cristobal fort, which was built to protect the city from land attacks, unlike the more famous El Morro, which guarded against invasions by sea. Although not quite 100 years old, the Capitol building is noteworthy for its Neoclassical Revival design and the symbolism of its entryway pillars. If you are interested in shopping, the area around Plaza Colón will be especially appealing, as boutiques and galleries are abundant. As an option, you can remain there at the end of the excursion and return on your own later.

- See the modern side of San Juan and the historical area that was founded in 1521.
- Wander through San Cristobal, the largest Spanish-built fort in the New World.
- Admire four centuries of different architectural styles in compact Old San Juan.
- Remain in Old San Juan to shop at the end of the excursion, if you wish.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Due to walking required at the fort, the activity level is substantial. The fort is not wheelchair accessible, and there are steep ramps throughout. Some stops are unguided, allowing guests to browse on their own. Traffic in San Juan can be congested and alternate routes will be used when possible.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

68

SJU-003 RAINFOREST VISIT

Duration: 4.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 06, 2021 09:00 AM

Discover the abundant flora and fauna in a sprawling national forest by browsing interactive exhibits before experiencing the nature firsthand on a leisurely walk through the wilderness. El Yunque National Forest is the only rainforest in the U.S. National Forest System, and it is spectacular. Upon arriving, you will explore the welcome center, which is constructed of natural materials that beautifully blend into the landscape. Here you will see exhibits and an enlightening video describing the environment. Continuing on, you will head into the rainforest and pause for photos at La Coca Falls before climbing a nearly 7-story lookout tower that offers expansive views of the lush foliage, mountain peaks and distant ocean. A short but eye-opening hike through Palo Colorado Forest follows. It is one of four different types of forests within El Yunque, so the foliage will be quite different than what you have seen previously.

- Prepare to experience El Yunque rainforest by browsing exhibits in the welcome center.
- Drive to vantage points where you will see a waterfall and the sprawling rainforest.
- Meander down a nature trail in a forest with different characteristics.
- Watch for colorful tropical birds, many of them endemic to Puerto Rico.
- Dress in weather-appropriate clothing.
- Bring raingear and umbrellas as it often rains in the forest.
- Wear flat comfortable walking shoes with closed toes.

This tour involves moderate walking on bumpy and uneven surfaces. Participants should be in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Many areas of the Rainforest are currently closed to access, due to road closures and reconstruction. In most cases, the areas we will be stopping at are the only ones open at this time, and are subject to change with no prior notice by the US National Forest System. They also reserve the right to limit access to any area and the Rainforest itself if there are too many visitors at one time; in this case we will do our best to offer alternatives, but please note that this is outside of our control.

SJU-004 SAN JUAN CITY & ART MUSEUM

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: December 06, 2021 09:30 AM

Admire the art and architecture of San Juan, which will offer great insight into the city and culture of Puerto Rico. The San Juan Art Museum makes for an excellent starting point, as it displays a huge collection that ranges from colonial to modern art. There is also a serene garden with more than a dozen sculptures by Puerto Rican artists. For a deeper historical perspective, you will then explore Old San Juan, where you will visit Fort San Cristobal before continuing on to landmarks such as El Morro and San José Church, the second-oldest church in the Americas. Ponce de León donated the land for the church when he was governor of Puerto Rico. You will also enjoy free time to browse the shops, boutiques and art galleries around Plaza Colon, the square at the entrance of the oldest district. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

- Behold some of Puerto Rico's most esteemed works of art.
- Delve into the history of San Juan through its most revealing architecture.
- See historical San José Church, where Ponce de León was once buried.
- Browse the charming boutiques and fine art galleries in Old San Juan.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The museum is constantly changing its exhibits, which may cause some sections to be inaccessible. The walking portion of the tour in Old San Juan involves travel over some uneven pavement and steep inclines, especially within the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair.

SJU-014 CULINARY WALKING TOUR

Duration: 3.25 Hrs **Tour Price:** CA\$156.00 **Retail Price:** CA\$365.00



Date: December 06, 2021 10:00 AM, 10:45 AM

Walk through the enchanting streets of Old San Juan and stop at several traditional venues to sample tasty snacks and refreshing beverages that will be representative of Puerto Rico's complex cuisine. The exact locales will be chosen the day of the excursion based on the menus, daily specials and conversations with the chefs and proprietors to see what's freshest and sounds most appetizing. Regardless, you can expect to sample locally sourced fish and meat dishes, freshly made desserts and artisanal coffee. Puerto Rican cuisine reflects Spanish, African, Taíno and American influences, a style that the locals call cocina criolla or Créole cooking. Between stops, you will see city landmarks such as the second-oldest cathedral in the Americas, the oldest governor's mansion in the Western Hemisphere and a World Heritage site fortification. To enhance your understanding of the attractions and the cuisine, the guide will offer commentary throughout.

- Sample a variety of Puerto Rican dishes and beverages that reflect the local cuisine.
- Learn about the Spanish, African, Taíno and American influences on the cuisine.
- See some of Old San Juan's architectural treasures while walking between venues.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of walking mainly at the guest's discretion. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

69

SJU-013 SAN JUAN BAY SAIL

Duration: 2.50 Hrs Tour Price: CA\$130.00 Retail Price: CA\$326.00

Date: December 06, 2021 12:45 PM

Sail around San Juan Bay on the Amazing Grace, a replica of the topsail schooners used in the American Revolutionary War and in the War of 1812. This beautiful vessel flies seven sails that can be used in different combinations to suit the wind conditions. You will learn much about the history of the ship while enjoying canapés and beverages on board. You will also be treated to a wonderful seaside perspective of some of the city's key attractions, including El Morro, a National Historic site that is considered the oldest Spanish-built fort in the New World, as parts of it date to 1539. You will also cruise by La Fortaleza, a former fort where Puerto Rico's governors have resided since the mid-16th century. It has the distinction of being the oldest governor's official residence that is still in use. UNESCO has declared both forts World Heritage sites based on their European military architecture.

- Sail a replica topsail schooner around San Juan Bay while enjoying canapés and beverages.
- Learn the history of the original schooners that were used in two wars.
- See landmarks such as San Juan's two World Heritage site forts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

If the ship is docked at a pier that is not walking distance, guests will need transportation there at an additional charge. A waiver is required before boarding. The ship's gangway is steep. The sailing time is 1½ hours.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour




Accessible Tour

Page

70

GREAT STIRRUP CAY, BAHAMAS

NPI-30 PREMIER CABANA ON THE CAY - ALL DAY

Duration: 0.00 Hrs **Tour Price:** CA\$679.00 **Retail Price:** CA\$679.00 


Date: December 08, 2021 08:00 AM

Ideal for small groups and families, each large private cabana accommodates up to eight guests and comes with everything you need to enjoy your stay, including bottled water and fresh fruit. Settle in and enjoy the serenity and privacy of the cabana. It offers a great base for your group to gather between jaunts to the beach and the sparkling sea. Each cabana rental includes up to four complimentary floating rafts.

- Delight in the privacy and serenity of your own large cabana.
- Entertain up to eight guests in the shade of the cabana.
- Enjoy the beach and sea just steps away.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.

The price is per cabana not per person. Therefore, only one person needs to reserve the cabana. Cabana rental is for up to 8 guests, with the ability to add up to two additional guests for \$25 per person. Additional guests will be charged onboard. Cabana rental includes up to four complimentary floating mats. The large cabanas are located on Cabana Beach, a secluded beach adjacent to the main beach. Guests with limited mobility will not be able to access the water from the cabana. Prices vary by ship and sail date.

NPI-40 CLASSIC CABANA ON THE CAY - ALL DAY

Duration: 0.00 Hrs **Tour Price:** CA\$614.00 **Retail Price:** CA\$614.00 

Date: December 08, 2021 08:00 AM

Private cabanas hold up to six guests and offer the seclusion of Fiesta Beach and sweeping views of beautiful Bertram's Cove. Each cabana includes all sorts of amenities for a relaxing day at the beach. Settle in and enjoy the serenity and privacy of the cabana. It offers a great base for your group to gather between jaunts to the beach and the sparkling sea. Each cabana rental includes up to four complimentary floating rafts. Once you have settled in, munch on chips and salsa, fresh tropical fruit and complimentary bottled water.

- Delight in the privacy and serenity of your own cabana.
- Entertain up to six guests in the shade of the cabana.
- Enjoy the beach and sea just steps away.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.

The price is per cabana not per person. Therefore, only one person needs to reserve the cabana. Cabana rental is for up to 6 guests, with the ability to add up to two additional guests for \$25 per person. Additional guests will be charged onboard. Cabana rental includes up to four complimentary floating mats. The small cabanas are located on Fiesta Beach, which is west of Cabana Beach. Guests with limited mobility will not be able to access the water from the cabana. Prices vary by ship and sail date.

NPI-46 LAGOON VILLA - ALL DAY

Duration: 0.00 Hrs **Tour Price:** CA\$784.00

Date: December 08, 2021 08:00 AM

While away the hours in the comfort of a private villa overlooking the lagoon. With plenty of room for up to eight people, the villa is perfect for groups that prefer an area of their own with easy access to the beach. With comfortable seating inside and on the deck outside, the villa has space for everyone to get together or spend some time in smaller groups. The sheltered waters of the lagoon are just steps away. Cushioned lounge chairs, beach umbrellas and floating mats are there for your enjoyment. You might spend your time basking in the sun, lying in the shade, walking around the lagoon and taking a refreshing swim. What you do is entirely up to you. A fruit basket, chips and salsa, and beverages are offered in the villa and a complimentary buffet lunch is provided in the Silver Palms Restaurant.

- Spend time relaxing in a private lagoon villa that accommodates up to eight people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 8 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.

NPI-47 ONE BEDROOM VILLA - ALL DAY

Duration: 0.00 Hrs **Tour Price:** CA\$914.00

Date: December 08, 2021 08:00 AM

Relax in the comfort of a one-bedroom villa overlooking a sheltered lagoon that is just steps away. With room for up to 10 people, the villa offers all sorts of amenities. Inside, you will find a sectional couch, dining table, television, bedroom with sliding glass doors that open onto the deck and an ensuite bathroom. In addition to being wonderfully comfortable, the villa is situated right on an exclusive area of the lagoon. Whenever you wish, you can enjoy the beautiful stretch of sand and the inviting waters. You might soak up the sun, lie on a lounge chair under a beach umbrella and take a refreshing dip in the glassy-smooth lagoon. Snacks are available in the room and, if you wish additional food and beverages, just call the butler on the villa's phone. A complimentary buffet lunch in the Silver Palms Restaurant is also included.

- Spend time relaxing in a one-bedroom lagoon villa that accommodates up to 10 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 10 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.

NPI-48 2 BEDROOM VILLA FAMILY SUITE - ALL DAY

Duration: 0.00 Hrs **Tour Price:** CA\$1306.00

Date: December 08, 2021 08:00 AM

Spend hours enjoying the largest private villa on the island, a luxurious two-bedroom suite with 1,100 square feet full of amenities. With plenty of room for up to 16 people, the villa is perfect for large groups of friends and multiple families. This ultimate, air-conditioned oasis features a beautifully furnished living room, piano and sound system, dining tables inside and outside and two bedrooms where you can comfortably relax, change clothes and take a nap, if you wish. The villa overlooks a prime spot on the lagoon and its wide, gradually sloping beach. You can stretch out on a lounge chair, sit in the shade of a beach umbrella and swim in the lagoon, which is protected so the waters are typically as smooth as glass. To make your stay even more enjoyable, snacks and beverages are in the villa, a butler is standing by and buffet dining at the Silver Palms Restaurant is complimentary.

- Spend time relaxing in a two-bedroom lagoon villa that accommodates up to 16 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 16 guests, with the ability to add up to four additional guests at an additional charge of \$49 per person.

NPI-13 WAVE RUNNER TOUR - SINGLE (DRIVER ONLY)

Duration: 1.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$164.00

Date: December 08, 2021 08:45 AM

Zip through the beautiful Berry Islands on a Wave Runner, following a local guide that will lead the way. After a brief orientation to help maximize the experience, you will hop aboard the personal watercraft and tear off into the turquoise waters. As the driver of the single-person Wave Runner, you will be in total control, which makes the ride all the more fun. Along the way, you can expect to see the solar-powered lighthouse on Great Stirrup Cay, Slaughter Harbor and the abandoned island community of Cistern Cay.

- Tear through the turquoise sea on a single-person Wave Runner.
- Be in total control of the ride, as you will be the driver and sole occupant.
- Pass landmarks that include a lighthouse and an abandoned island community.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Only one person per watercraft. Participants must be at least 18 years old with a valid driver's license. Alcohol consumption is not permitted before departing and a breathalyzer test may be given. Drivers must weigh less than 225 pounds.

NPI-14 WAVE RUNNER TOUR - 2 GUESTS (1 DRIVER & 1 RIDER)

Duration: 1.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$234.00

Date: December 08, 2021 08:45 AM

Zip through the beautiful Berry Islands on a Wave Runner, following a local guide that will lead the way. After a brief orientation to help maximize the experience, you and another guest will hop aboard the personal watercraft and tear off into the turquoise waters. One of you will drive, the other will be the passenger, but you will share the thrills. Along the way, you can expect to see the solar-powered lighthouse on Great Stirrup Cay, Slaughter Harbor and the abandoned island community of Cistern Cay.

- Tear through the turquoise sea on a two-person Wave Runner.
- Share the thrill with another guest, which makes the experience all the more memorable.
- Pass landmarks such as a colonial-style lighthouse and an abandoned island community.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Price is per watercraft and not per person, so only one person in the party needs to book this tour. There is a maximum of two guests per watercraft: one driver and one rider. The minimum age to drive is 16, but drivers between the ages of 16 and 18 must be accompanied by an adult rider. Riders must be at least 8 years old. All riders between the ages of 8-18 must be accompanied by a parent or guardian. The maximum combined weight cannot exceed 450 pounds. Drivers cannot be switched. Alcohol consumption is not permitted before departing and a breathalyzer test may be given.

NPI-03 PARASAIL

Duration: 1.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$138.00

Date: December 08, 2021 09:00 AM

Sail high above the cobalt-blue waters just off the beach of Great Stirrup Cay in a tandem parasail. The parasail boat is equipped with the latest technology and safety gear to ensure an exhilarating, carefree ride. Once you are out in the sea, you and another guest will sit side by side on a tandem bar with an open parachute. You will then take off into the air, letting the speed of the boat and the wind carry you skyward. It is possible to soar as high as 400 feet above the water, so you will have a literal bird's-eye view of the world below. It will be a nonstop thrill as you fly overhead, looking down on the Caribbean Sea from an aerial perspective that few people ever experience.

- Parasail high over the Caribbean Sea and Great Stirrup Cay for the ultimate tropical view.
- Share the thrill, as the parasail seat has room for two.
- Revel in the sweeping view from a perspective most people never see.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Participants must be at least 8 years of age and weigh between 60 and 375 pounds. The maximum combined weight of both parasailers is 450 pounds, a figure that may vary depending on the weather conditions.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

72

NPI-29 CATAMARAN & SNORKEL

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: December 08, 2021 09:00 AM

Cruise along the spectacularly gorgeous coast of Great Stirrup Cay on a catamaran and then snorkel in crystal-clear waters teeming with marine life. Along the way, you will enjoy panoramic views of your cruise ship, the island's primary beach and beautiful private villas dotting the tropical landscape. The most unobstructed views are out on deck, but feel free to wander about the catamaran and settle in wherever you are most comfortable. Upon reaching the northwest coast of Great Stirrup Cay, the catamaran will anchor so you can snorkel in the open water. In the summer, schools of dolphins may be spotted playfully breaching the water's surface, while flying fish are commonly seen in the winter. Regardless, the wonders underwater always include a vast array of brightly colored tropical fish darting in and out of the coral reefs. Sea turtles may also make an appearance, and seeing one up close is a thrill.

- Cruise along the coast of Great Stirrup Cay on a catamaran.
- Admire the spectacular tropical views on the way to the island's northwestern point.
- Observe an array of brightly colored fish while snorkeling the crystal-clear waters.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

This tour requires a easy amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests.

NPI-51 SEAHAWK ZIPLINE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: December 08, 2021 09:00 AM

Fly like a bird over the turquoise waters off Great Stirrup Cay on a series of ziplines that begin from a platform more than 130 feet in the air. This zipline adventure is named for the sea hawks commonly spotted on the island diving for prey at more than 30 miles hours. You will also reach adrenaline-pumping speeds as you ride ziplines of varying lengths. Each one is designed with characteristics that you will find exhilarating, if not scary at times. You will end up next to the Silver Cove lagoon, the starting point for an adventurous return trip that will challenge you in an entirely different way. That route follows a fun but daring trail with V-net bridges, a chimney climb and a near-vertical cargo net climb stationed high above the ground. To add to the thrills, on the way back you will ride two more ziplines guaranteed to raise goose bumps.

- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a different return route over V-net bridges, a chimney climb and cargo net climb.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity and participants should be in good physical condition. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-52 ISLAND ZIPLINE ADVENTURE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: December 08, 2021 09:20 AM

Enjoy the ultimate zipline experience, an adventure that combines two zipline courses for a long-lasting adrenaline rush. With access to both the Osprey zipline and the Sea Hawk zipline, you can expect nonstop thrills and spectacular views. The Osprey consists of three ziplines intended for beginners, so it makes for a great warm-up. Even so, it will be exhilarating, especially since some of the starting platforms tower more than 100 feet in the air. The Sea Hawk course is more dramatic because it's longer and much of it is over water. It offers a variety of island views, all of them extraordinary. You might even spot marine life in the sea below. The return route features V-net bridges, a chimney climb and a cargo net climb that add to the excitement. But if you need a breather, feel free to skip the climbs and just zipline most of the way back.

- Travel on both the Osprey and Sea Hawk zipline courses for the ultimate experience.
- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a return route over V-net bridges, a chimney climb and cargo net climb.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity and participants should be in good physical condition. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-50 OSPREY ZIPLINE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: December 08, 2021 09:40 AM

Race through the air with the greatest of ease on the Osprey zipline, a series of three separate flights that was designed for first-time zipliners. The course takes its name from the bird of prey that is commonly seen perched on the zipline platforms. You too will fly like a bird while taking in the spectacular views of Great Stirrup Island. The first zipline platform is 130 feet above the ground, so expect your adrenaline to be pumping before you even step off into thin air. The second leg of the course isn't quite as high, but it runs for 600 feet – the length of two football fields – which gives you time to savor the experience. The final leg is just as long as the second leg and takes you back to the starting point, where you will have time to catch your breath and relive the excitement with the others in your group.

- Ride three separate ziplines, each one exciting in its own way.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Get a literal bird's-eye view of the scenery as you race between zipline platforms.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity and participants should be in good physical condition. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

73

NPI-15 KAYAK TOUR

Duration: 2.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$72.00**

Date: December 08, 2021 10:00 AM, 12:30 PM, 03:00 PM

Paddle through the beautiful turquoise waters south of Great Stirrup Cay in a two-person kayak and share the experience with another guest. After a brief orientation to become familiar with the kayak, you will head off into the shallow crystal-clear waters. The surrounding sea is teeming with marine life, and stingrays and sea turtles are commonly spotted. You can easily identify a hawksbill turtle by its bird-like beak, which is handy for reaching into coral crevices to eat sponges.

- Kayak through the typically clear calm waters south of Great Stirrup Cay.
- Share the kayak with another guest, which makes the experience all the more memorable.
- Look for marine life such as gracefully stingrays and sea turtles.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Participants must be at least 8 years old.



NPI-31 STAND UP PADDLE BOARD

Duration: 1.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$38.00**

Date: December 08, 2021 10:00 AM, 11:30 AM, 02:00 PM

Paddle through the calm turquoise waters of Bertram's Cove on a stand-up paddleboard that you can easily learn to propel. With just a few basic tips from the staff, you will soon be atop the paddleboard. The steps to success are easy to grasp. Start by kneeling on the board with the paddle perpendicular for balance. Slowly stand up on the board, which is designed for stability. Then start paddling at a comfortable speed. The paddleboard offers a unique vantage point to view the marine life in the cove and admire the tropical surroundings. Depending on how vigorously you paddle, the experience can be a good workout or simply a relaxing outing through one of the most scenic areas on Great Stirrup Cay.

- Glide through the calm waters of Bertram's Cove on a stand-up paddleboard.
- Discover how easy it is to paddle board, even for novices.
- Enjoy the physical activity and extraordinary tropical scenery.
- Paddle along at your own pace, taking in the sights above and below the water's surface.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

There is no minimum age to rent a paddleboard.



NPI-42 STINGRAY CITY BAHAMAS

Duration: 1.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$125.00**

Date: December 08, 2021 10:00 AM

Interact with stingrays in the turquoise waters that are home to these remarkably docile and graceful creatures. After a brief orientation, you will put on a mask, snorkel and snorkel vest and enter the water, accompanied by the experienced staff. Stingrays will be abundant and quite willing for you to feed and touch them. As you will discover by being so close to the stingrays, these relatively flat, diamond-shaped marine animals typically measure 3 to 4 feet across, with the females being larger than the males. They are used to human contact, so you can expect an immensely fulfilling experience.

- Touch and feed stingrays as they swim right up to you.
- Watch them gracefully swim around as you snorkel nearby.
- Learn surprising facts about stingrays, whose actions are often misunderstood.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.



NPI-44 SWIM WITH THE PIGS

Duration: 1.50 Hrs **Tour Price: CA\$0.00**

Date: December 08, 2021 10:00 AM

Enjoy a wonderfully scenic cruise to nearby Treasure Island, a small privately owned oasis where you can swim with the resident pigs. Before getting into the water, be sure to snap some pictures from the observation deck, as it offers the best perspective of the photogenic island. Following a briefing on how to maximize your experience, you will wade out into the shallow waters. A passel of cute, friendly pigs will soon swim out to greet you. They love attention so be ready for a fun, up-close and personal experience. The guide will show you how to feed the pigs juicy apples and the best ways to interact with them while swimming. The pigs couldn't be friendlier or more enthusiastic about sharing their favorite swimming hole. You might even learn their names, as the pigs are regulars.

- Take in the spectacular tropical views while cruising to Treasure Island.
- Interact with the island's cute, friendly resident pigs in the waters just offshore.
- Pet the pigs, feed them juicy apples and swim with them side by side.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Due to safety concerns phones and cameras are not permitted during the animal interaction. The minimum age for participants is 6 years old. Refreshments available (Cash Only Bar).



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

Page

74

General Information

What is Included?

Transportation:

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

Meals and Refreshments:

Included when indicated in the tour description.

Guides:

Licensed, English-speaking, local guides accompany all tours, where available.

Entrance Fees:

Tours include all required admission fees, where applicable.

What Should I Wear?

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

Cancellations and refunds

- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

Prices, Itineraries and General Information

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

Please Note

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of our Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

IMPORTANT INFORMATION

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

NOTICE:

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.